



Louisville Metro, 2005

*Produced by: The Office of Policy Planning and Evaluation
Director: Sheila Andersen, J.D., M.A., B.S.N.*



LOUISVILLE, KENTUCKY

LOUISVILLE METRO HEALTH DEPARTMENT

JERRY E. ABRAMSON
Mayor

ADEWALE TROUTMAN, MD, MPH
Director

To the Readers of this Report:

This report contains results from a Behavioral Risk Factor Surveillance System (BRFSS) survey conducted in Louisville Metro during 2004. The Centers for Disease Control and Prevention (CDC) produce Behavioral Risk Factor Surveillance System (BRFSS) survey questions each year. The surveys are conducted by telephone interviews. In 2004, the Louisville Metro Health Department contracted with an outside research entity to conduct BRFSS telephone interviews with over 2000 adults living in the Louisville Metro area.

The contents of this report are intended to educate the community on health-associated risk factors and other health data reported by the Louisville Metro adults who participated in the survey. It is also intended to provide data that can be used by all entities in the community to promote community discussion of the issues and collaboration that will lead to the improvement of the health of the community.

We are excited about the opportunity to provide data that will initiate community discussion of the issues and encourage community partners to become involved in the formulation of opportunities to improve the health of Louisville Metro. By working together we can achieve the goal of maximizing the health of all Louisville Metro residents.

If you have questions or comments, please contact our Office of Policy Planning and Evaluation at 574-6532 or 574-8270.

Sincerely,

Adewale Troutman

Adewale Troutman, M.D., M.P.H.
Director

Table of Contents

Executive Summary	4
Introduction	7
Health Care Access	9
Health Status	11
Adult Immunizations: Influenza and Pneumonia	13
Physical Activity, Nutrition, and Weight	15
Environmental Factors	21
Oral Health	23
Mental Health	26
Tobacco Use and Second Hand Smoke	30
Alcohol Consumption	35
Firearms	38
Chronic Disease	40
Indicators by Louisville Metro Council Districts	43

Executive Summary

The Centers for Disease Control and Prevention (CDC) produce Behavioral Risk Factor Surveillance System (BRFSS) survey questions each year. In 2004, the Louisville Metro Health Department contracted with an outside research entity to conduct BRFSS telephone interviews with over 2000 respondents. The data were weighted based on CDC guidelines.

Health Care Access

- Over 13% of Louisville Metro (LM) adults, or over 70,500 adults, have no health care coverage of any kind. This percent is similar to the percent for Kentucky and the US. Over 21% of African American females reported no coverage.
- The percent reporting that they needed to see a physician during the past year but did not because of the cost was highest for African American females (21%).

Health Status

- One in every six adults in Louisville Metro (16.7%) rate their health as “fair” or “poor.” This is similar to the percent for the US and slightly lower than the percent for Kentucky. Over 29% of African American females reported “fair” or “poor” health.
- One in every eight LM adults (12%) reported fourteen (14) or more days during the past month when their physical health was “not good,” which is slightly lower than Kentucky. African American females reported the highest percent with 16.9%.

Adult Immunizations

- Almost 77% of LM adults 65 years of age and older received an influenza shot during the past year. This is higher than the percent for Kentucky (64%) and the US (68%).
- Almost 69% of LM adults 65 years of age and older ever received a pneumonia shot. This is higher than the percent for Kentucky (58%) and slightly higher than the US percent (65%).

Physical Activity, Nutrition and Weight

- Nearly four of every five LM adults (79%) reported participation in any physical activity during the past month, outside their job. This is higher than the Kentucky percent (70%) and slightly higher than the US percent (77%). White males reported the highest percent, 83.5%, followed by White females (78.8%), African American males (76.1%), and African American females (67.2%).
- Only about one in four adults eat five or more servings of fruits and vegetables each day. The LM percent is higher than both Kentucky and the US. White females had the highest percent at 32.6% and African American males had the lowest percent at 13.4%.
- Almost 60% of LM adults are overweight or obese. The US reports a similar percent while Kentucky reports 63% overweight or obese. White females were lowest at 51% and African American females were highest at 71%.

Environmental Health

- More than one in every four LM adults (28.7%) reported illnesses or symptoms from poor indoor air quality during the past year.
- Almost one in five adults (19.4%) reported illnesses or symptoms from pollution in the air outdoors during the past year.

Oral Health

- Nearly three in every four LM adults (73%) visited a dentist during the past year and had their teeth cleaned during the past year. The percents for Kentucky and the US are similar.
- Nearly one in every six LM adults (16.7%) reported six or more teeth removed because of tooth decay or gum disease. The US reported a similar percent while Kentucky reported 26.6%.

Mental Health

- Fifty-nine (59) percent of LM adults reported **no days** during the past month when their mental health was “not good.” The percent for Kentucky is higher at 67%.
- Eleven (11) percent of LM adults reported **fourteen or more days** during the past month when mental health was not good. A higher percent of women reported 14 or more days than did men.
- Fifty-six (56) percent reported **no days** feeling sad, blue, or depressed during the past month. A higher percent of women reported **14 or more days** than did men.
- Forty (40) percent reported **no days** of feeling worried, tense or anxious while the majority (60%) reported one or more days feeling worried or anxious during the past month. A higher percent of women reported **14 or more days** than did men.
- Only one fourth of the LM adults reported getting adequate rest or sleep during the past month.

Tobacco

- Over one in every four Louisville Metro adults (27.2%) and Kentucky adults (27.5%) reported that they currently smoke. The US reports only 20.8%.
- African American males have the highest percent reporting smoking tobacco in LM. However, most of them reported smoking only **some days**, rather than **every day**.
- Smoking has a strong relationship with age. There is a steady decline in the percent who smoke from a high of over 40% for 18 to 19 year olds to a low of 5% for adults 80 years of age and older.
- Over half of those who currently smoke have tried to quit during the past year.
- The majority (64%) of LM adults reported that smoking is not allowed anywhere in their household.

Alcohol

- Over half (56%) of the LM adults reported drinking an alcoholic beverage at least once during the past month. The percent for the US is similar, but Kentucky reports a lower percent at 31.7%. White males in LM reported the highest percent (67%).

- Less than a third of LM adults (30.5%) reported drinking five or more alcoholic beverages at least one day during the past month. The percent for Kentucky was only 9.6% and the US percent was 14.9%. White males were highest in LM at 44.7%.
- Only four percent of LM adults admitted that during the past month they drove after drinking too much alcohol.

Firearms

- Nearly one in every three LM adults (30.8%) reported having a firearm in or around their home. The percents reported for Kentucky (48.6%) and the US (40.7%) were higher. In LM, the percent was higher for Whites than African Americans and higher for males than for females.
- The percent of LM adults who reported having a loaded and unlocked firearm in and around their home was 5.4%. Kentucky was slightly higher at 6.6%. In LM, more males reported loaded and unlocked firearms than did females, which was also true for Kentucky.

Chronic Diseases

- In LM, 13.6% of the adults (nearly one in seven) reported having asthma at some time. This is similar for Kentucky and the US. In LM, the rate was highest for African American females (20.6%).
- Nearly eight percent (7.7%) of LM adults reported ever having diabetes. This is similar to Kentucky (7.5%) and the US (7%). The percent was highest for LM African Americans (10.9% for females and 10.2% for males).
- Just over 30% of LM adults reported ever having high blood pressure. African American females have the highest percent (39.8%).

Introduction

The Centers for Disease Control and Prevention (CDC) produce Behavioral Risk Factor Surveillance System (BRFSS) survey questions each year. These questions are divided into Core Sections and Optional Modules. Many questions are rotated so that they are not included every year. Sometimes new questions are added and other questions are dropped. The surveys are conducted by telephone interviews.

In 2004, the Louisville Metro Health Department contracted with an outside research entity to conduct BRFSS telephone interviews with over 2000 respondents. These respondents were selected by random digit dialing from Louisville Metro phone numbers. The selection of the adult member of the household was randomized based on CDC protocol. All Core Section questions for 2004 were included, as well as five of the 2004 Optional Modules and the Fruits and Vegetables questions that were not part of the Core Sections for the year 2004.

The data were weighted based on the applicable CDC guidelines. When data are used without weighting, each record counts the same as any other record and the assumption is that each record has an equal probability of being selected and that noncoverage and nonresponse are equal among all segments of the population. When deviations from these assumptions are large enough to affect the results, weighting each record appropriately can help to adjust for assumption violations.

An additional reason for weighting is to make the total number of cases equal to the number of people in the survey area population who are 18 years of age and older. This weighting produces prevalence numbers equal to the population estimates for the geographic area.

Following is the formula that reflects all the factors taken into account in weighting the 2004 Louisville Metro BRFSS data.

$$\text{FINAL_WT} = \frac{1}{\text{No_PHONE}} * \text{No_ADULT} * \text{POP_Wt}$$

FINAL_WT is the final weight assigned to each respondent.

1/No_PHONE is the inverse of the number of residential telephone lines in the respondent's household.

No_ADULT is the number of adults in the respondent's household.

POP_Wt is the number of people in an age-by-sex-by-race category in the population of Louisville Metro divided by the sum of the preceding weights for the respondents in that same age-by-sex-by-race category. It adjusts for

noncoverage and nonresponse and forces the sum of the weighted frequencies to equal population estimates for the geographic area.

While the weighting of the respondents does address some weaknesses in the survey, the fact that the surveys are conducted through telephone interviews means that people living in institutional settings and those without a personal telephone line in their residence cannot be included in the data gathering process. For that reason only data gathered in the same manner and using the same protocols are used for comparisons.

This report includes BRFSS data from Kentucky and the United States for comparisons to the Louisville Metro (LM) 2004 data. These data were gathered using the same CDC protocols. Where possible we used 2004 state and national data. If 2004 data were not available, we used the most recent data available. For a few questions, no comparison data were available for either Kentucky or the US.

Results are generally reported as percents, rounded to the nearest tenth of a percent. All computations are performed on the numbers before they are rounded and then the final result is rounded to the closest tenth of a percent. For example, the percent of Louisville Metro respondents who smoke every day is 18.7113%, so that is reported as 18.7%. The percent reporting smoking only some days is 8.4481% and reported as 8.4%. To report the percent of LM residents who currently smoke, 18.7113 and 8.4481 are added together, which is 27.1594 and then it is rounded to 27.2%. If the two rounded percents are added (18.7 and 8.4) the result would be 27.1%. However, all computations are performed first and then the result is rounded.

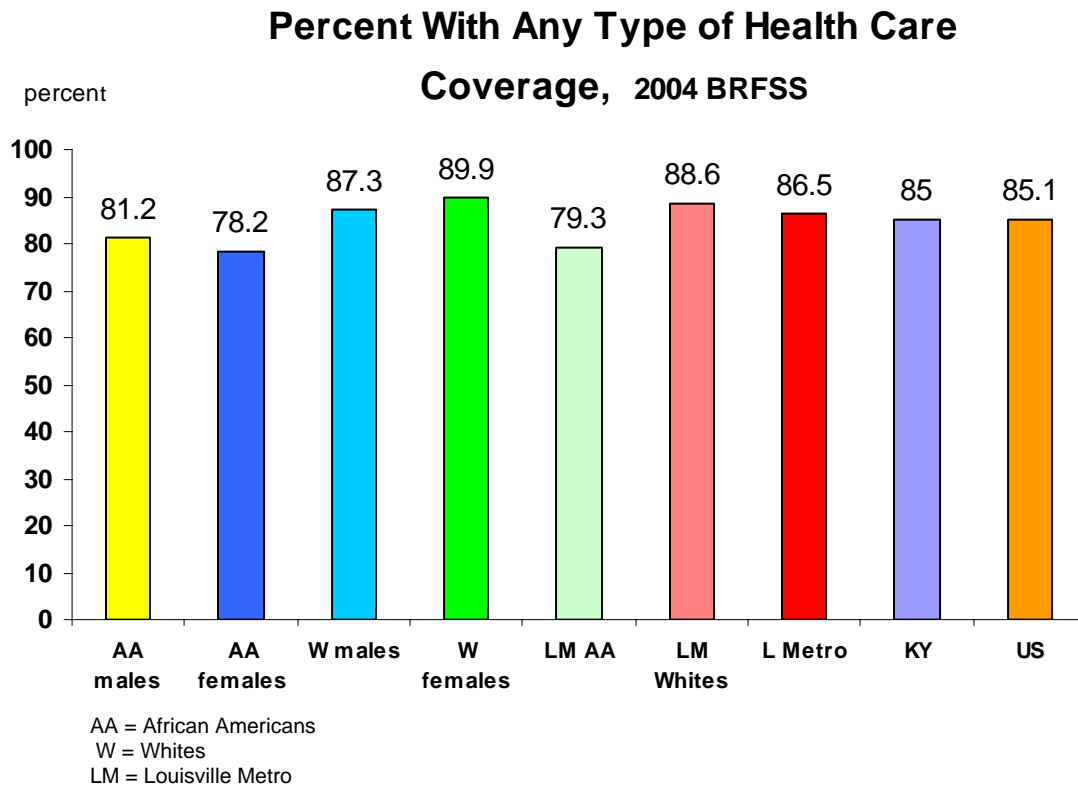
The following abbreviations are used in this report:

AA = African Americans
W = Whites
LM = Louisville Metro
L Metro = Louisville Metro

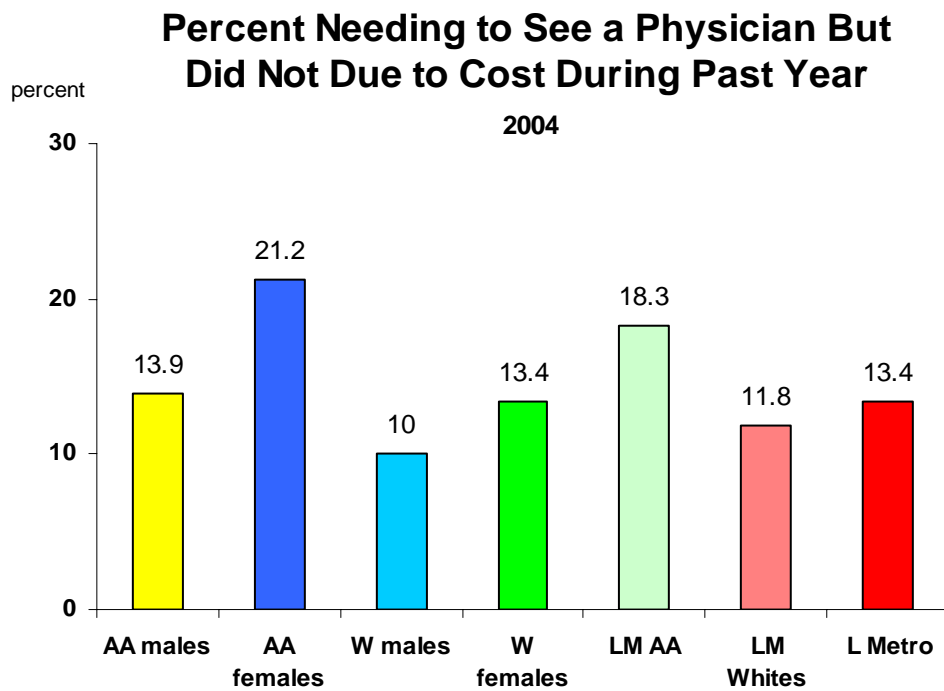
The report first reviews the results for Louisville Metro overall, LM African Americans (also divided into LM AA males and LM AA females), and LM Whites (also divided into gender groups) by selected categories in the BRFSS survey. These data are compared to Kentucky and US data when available. Then the report divides the Louisville Metro Council Districts into five contiguous groups for additional analysis.

Health Care Access

Over 86% of Louisville Metro (LM) adults reported having some type of health care coverage. This percent is similar, though slightly higher than both Kentucky and the US, which reported around 85%. However, this means that over 70,500 Louisville Metro adults (13.5%) have no health care coverage. The percent with coverage is lowest in the African American population of Louisville Metro (20.7% overall for African Americans; 21.8% for African American females), which means that they have a higher percent without any type of health care coverage.

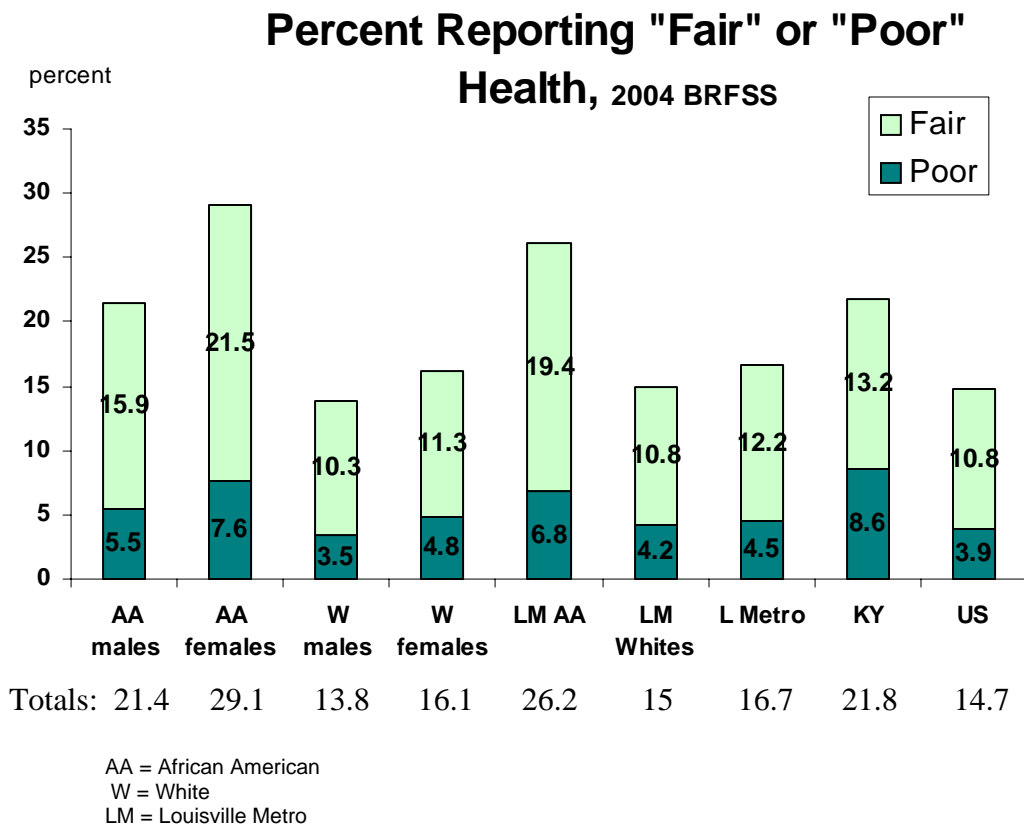


“Was there a time in the past 12 months when you needed to see a doctor but could not because of the cost?” White females (13.4%) had a higher percent than White males (10%) who reported not seeing a physician during the past year because of the cost. The percent for African American males (13.9%) was about the same as White females. For African American females the percent was the highest at 21.2%. This means that over one in five African American females needed to see a physician at least once during the past year, but did not because of the cost.

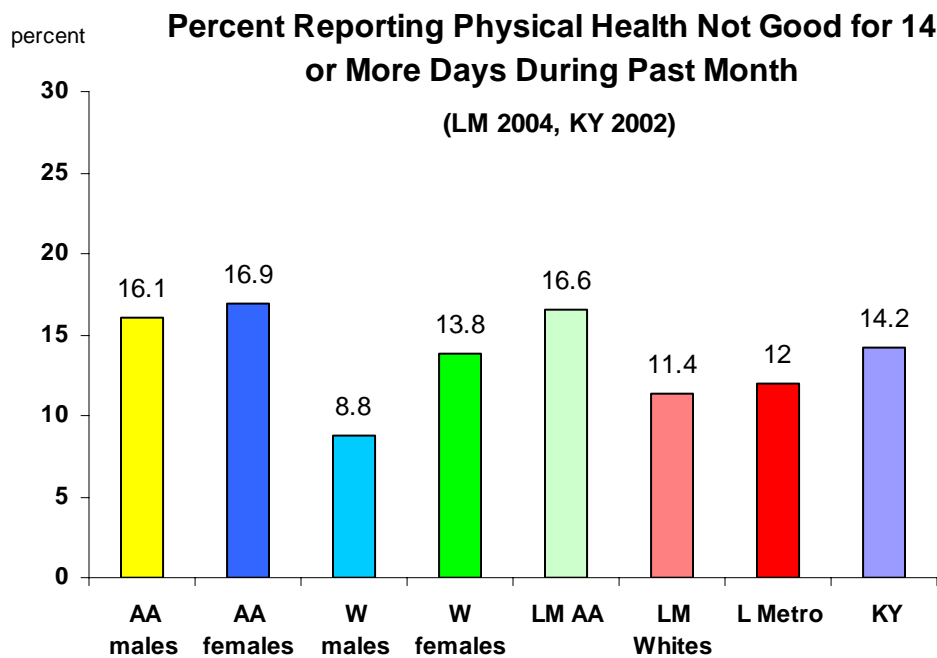


Health Status

One in every six Louisville Metro adults rate their health as fair or poor when asked; “Would you say that in general your health is excellent, very good, good, fair, or poor?” Louisville Metro (16.7%) has a higher percent responding “fair” or “poor” than the US (14.7%) but a lower percent than Kentucky (21.8%). However, African American females in Louisville Metro reported the highest percent among the Louisville Metro gender/race groups (29.1%) and a higher percentage than Kentucky.

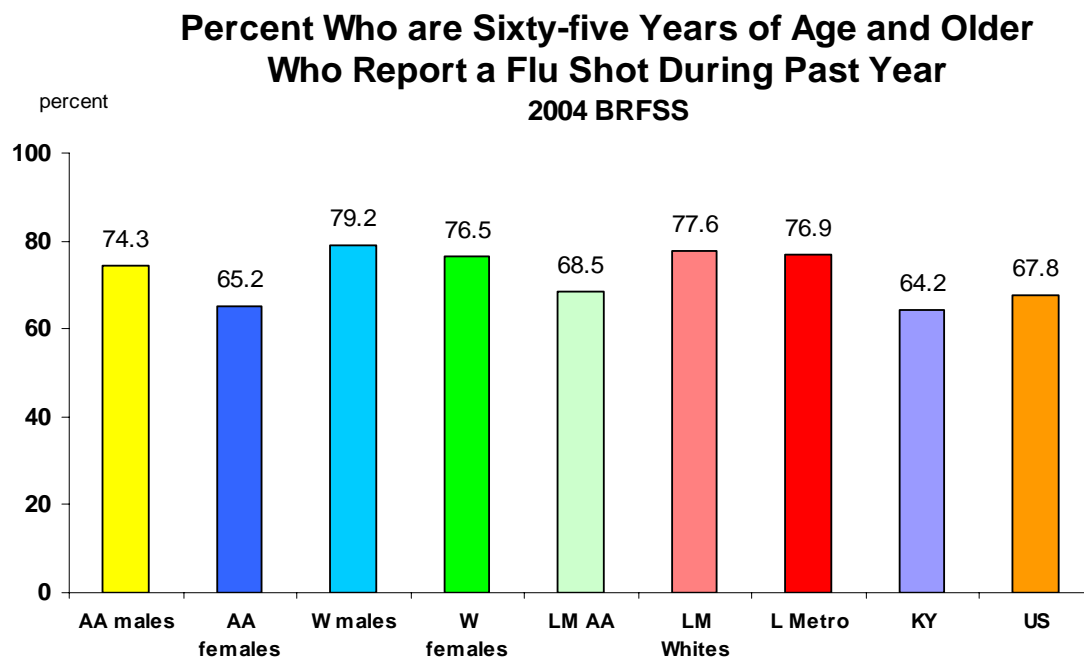


The survey asked participants “For how many days during the past month was your physical health not good?” One in eight Louisville Metro adults (12%) reported fourteen (14) or more days during the past month when their physical health was not good, which is lower than Kentucky (14.2%). However, both African American males and females in Louisville Metro have a higher percent than Kentucky. The percent for White females is about the same as that reported for Kentucky. White males reported the lowest percent at 8.8%.

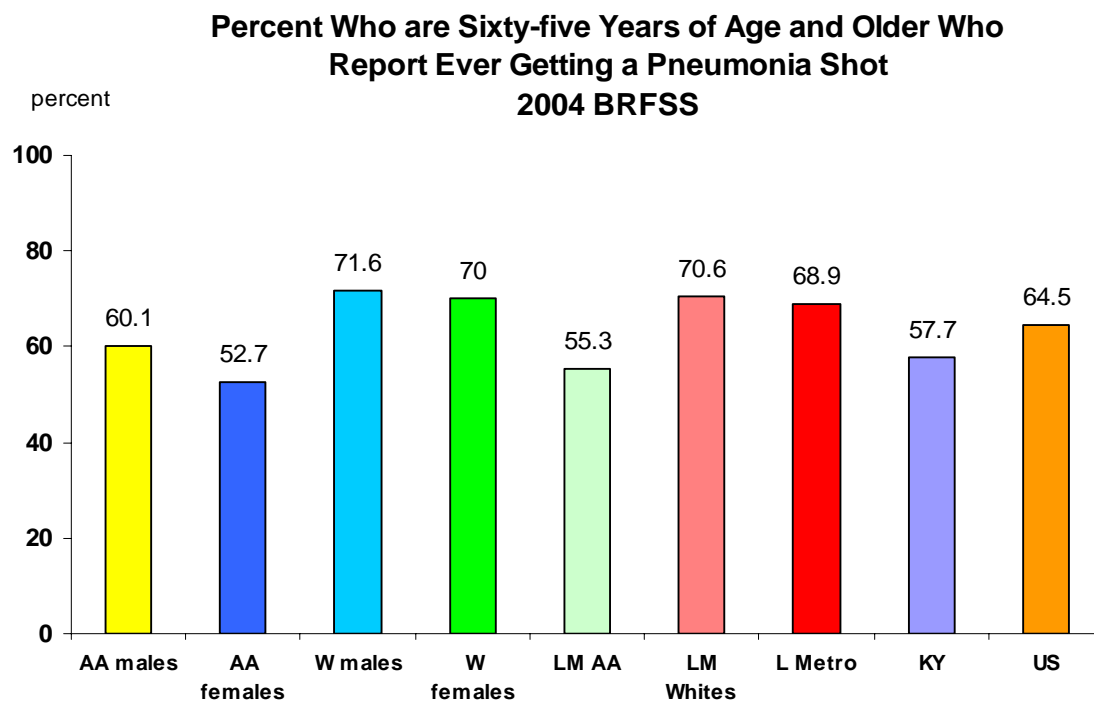


Adult Immunizations: Influenza and Pneumonia

It is recommended by the Centers for Disease Control and Prevention that people 65 years of age and older get a flu shot every year. More than three of every four Louisville Metro elderly residents (76.9%) reported a flu shot during the past year. This is higher than the percent for Kentucky and the US. The gender/race group with the highest percent was White males (79.2%), followed by White females (76.5%), African American males (74.3%), and then African American females (65.2%).

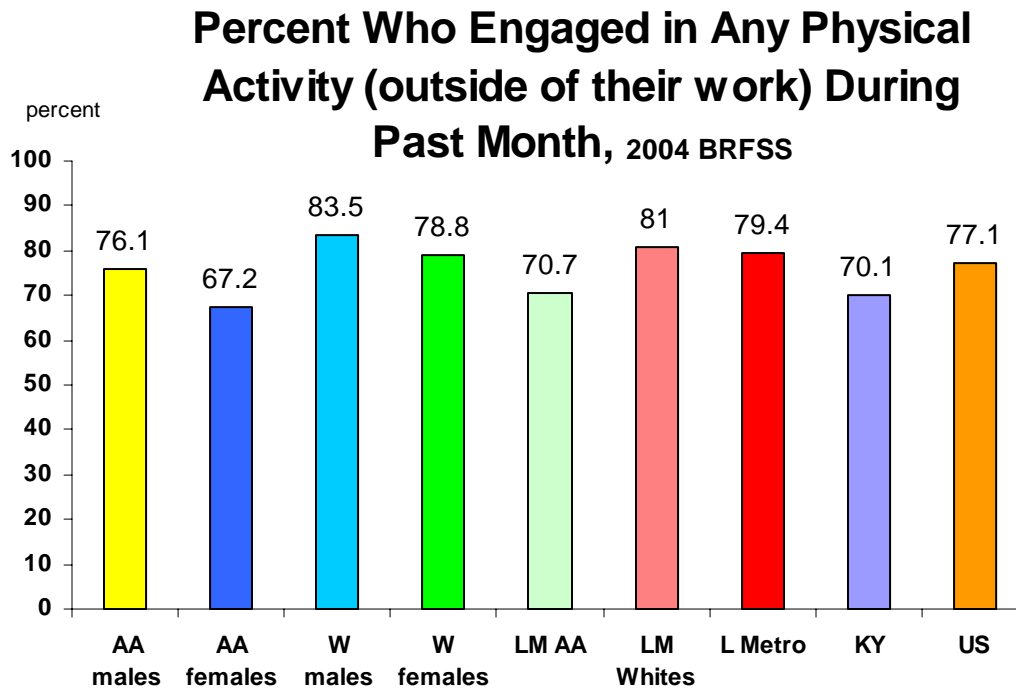


Since a pneumonia shot is not recommended every year, the survey asks; “Have you ever had a pneumonia shot?” More than two out of every three Louisville Metro residents who are 65 years of age or older reported receiving a pneumonia immunization. The Louisville Metro percent is higher than the percent for Kentucky and the US. The percent of the elderly who reported a pneumonia vaccine is higher for Whites than it is for African Americans in Louisville Metro.

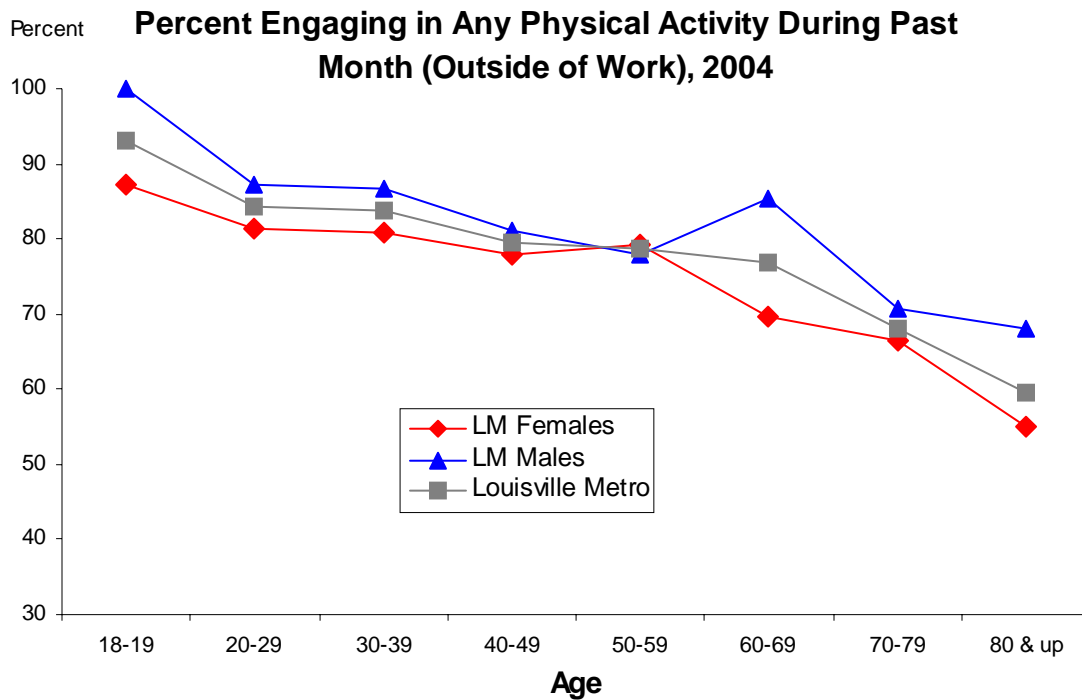


Physical Activity, Nutrition, and Weight

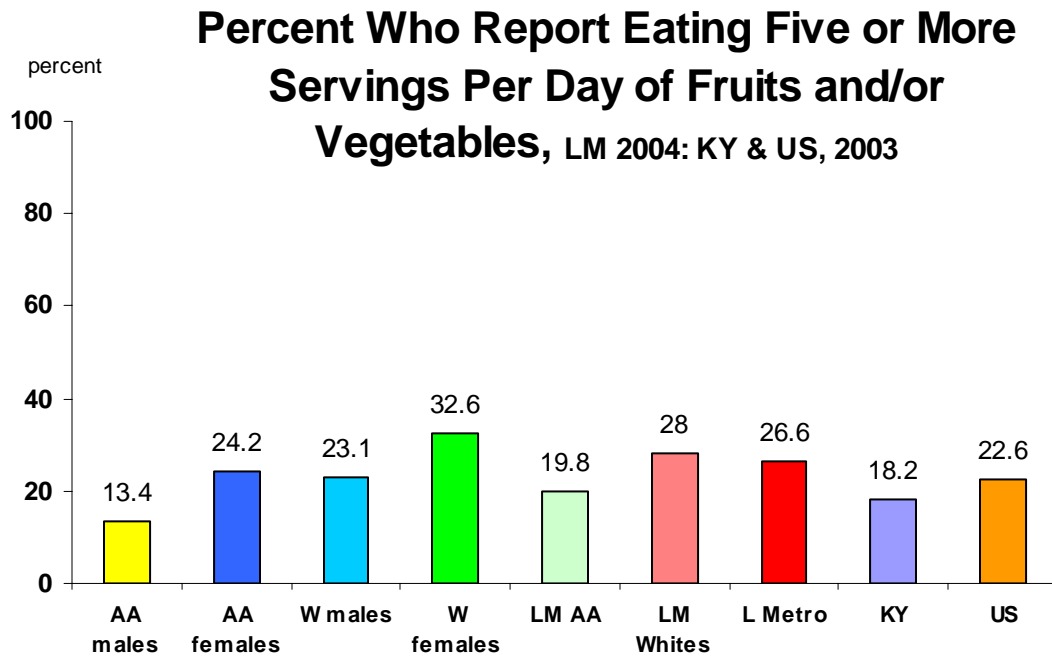
Nearly four of every five Louisville Metro adults reported participation in physical activity when asked; “During the past 30 days, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?” Responses show that Louisville Metro has a higher percent than Kentucky reporting participating in such activity during the past month. The percent for Louisville Metro is similar to the percent for the US and close to the Healthy People 2010 Goal of 80%. White males reported the highest percent for a major race/gender group, 83.5%. The second highest group was White females (78.8%), followed by African American males (76.1%), and African American females (67.2%).



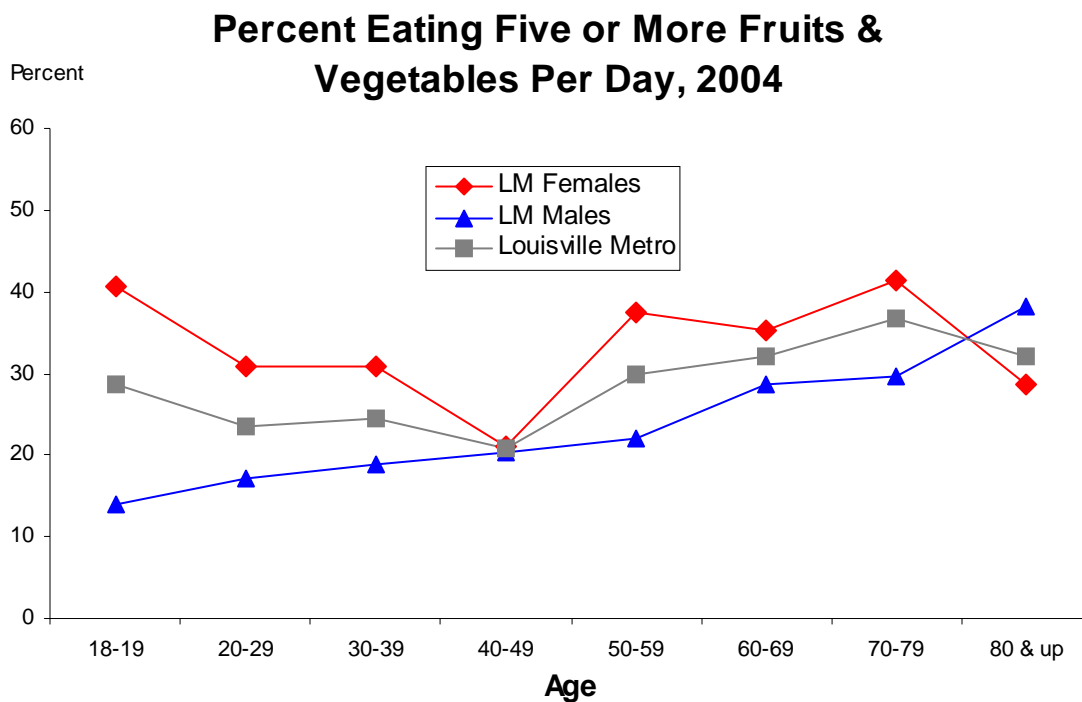
In addition to gender, the percent engaging in physical activity is related to age. The chart below displays the percent of adult males, adult females and all Louisville Metro adults who engaged in some physical activity by their age group. With the exception of 60 to 69 year old males, there is a steady decline in the physically activity percent as residents get older.



Approximately one in four Louisville Metro adults reported meeting the minimum recommended daily servings of fruits and vegetables. White females in Louisville Metro have the highest proportion eating five or more servings of fruits and/or vegetables each day at 32.6%. African American males have the lowest percent at 13.4%. Overall, Louisville Metro has a higher percent than Kentucky and a slightly higher percent than the United States.



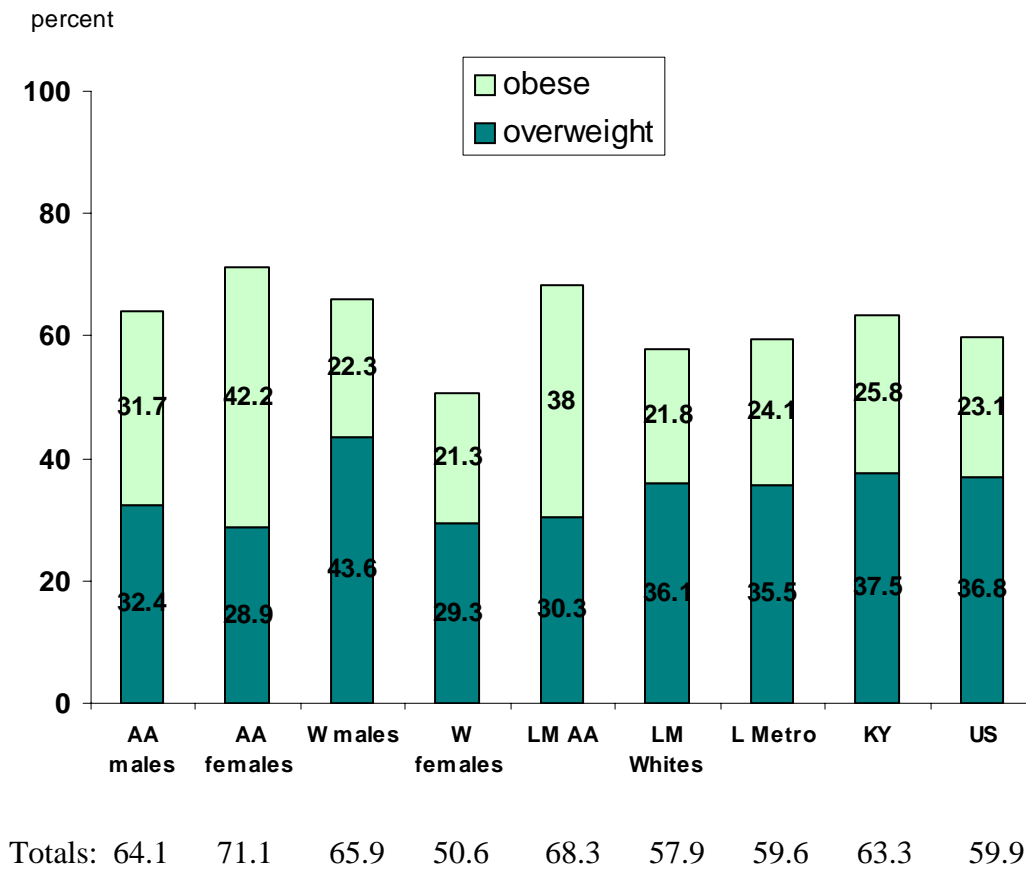
For adult men in Louisville Metro, the percent eating five or more fruits and vegetables per day is lowest for 18 to 39 year olds and increases as they age. However, for women, the percent is highest for women 18 to 19 years and 70 to 79 years, and lowest for 40 to 49 year old women.



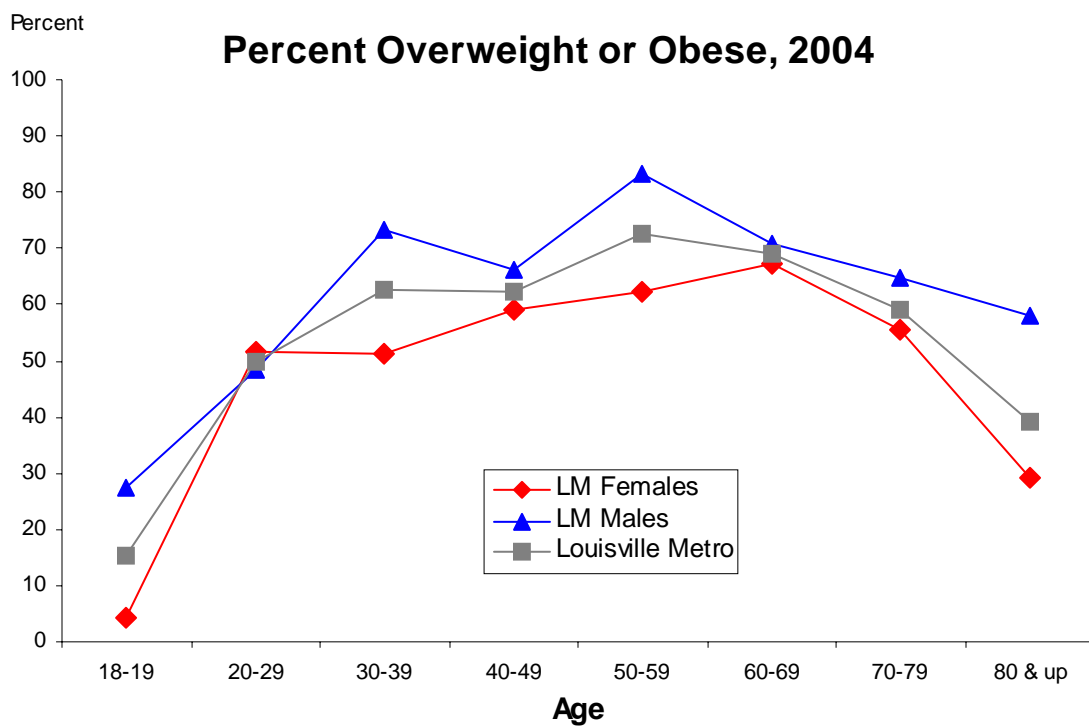
Three of every five Louisville Metro adults are overweight or obese. The percent for Louisville Metro adults is similar to the US percent and slightly lower than the Kentucky rate. In Louisville Metro, African American females have the highest percent (71.1%), followed by White males (65.9%), then African American males (64.1%), and finally White females (50.6%) who had the lowest percent.

Percent Overweight or Obese

2004 BRFSS

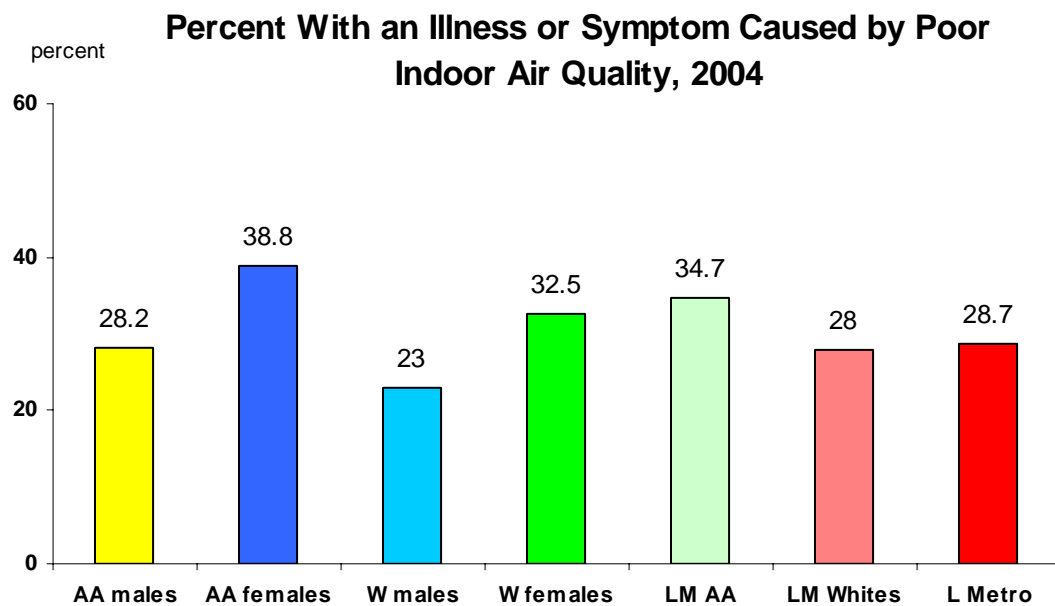


The percent overweight and obese is lowest for adults 18 to 19 years of age. The percent then increases till the fifties for men and the sixties for women, and finally declines, especially for women, in the older years.

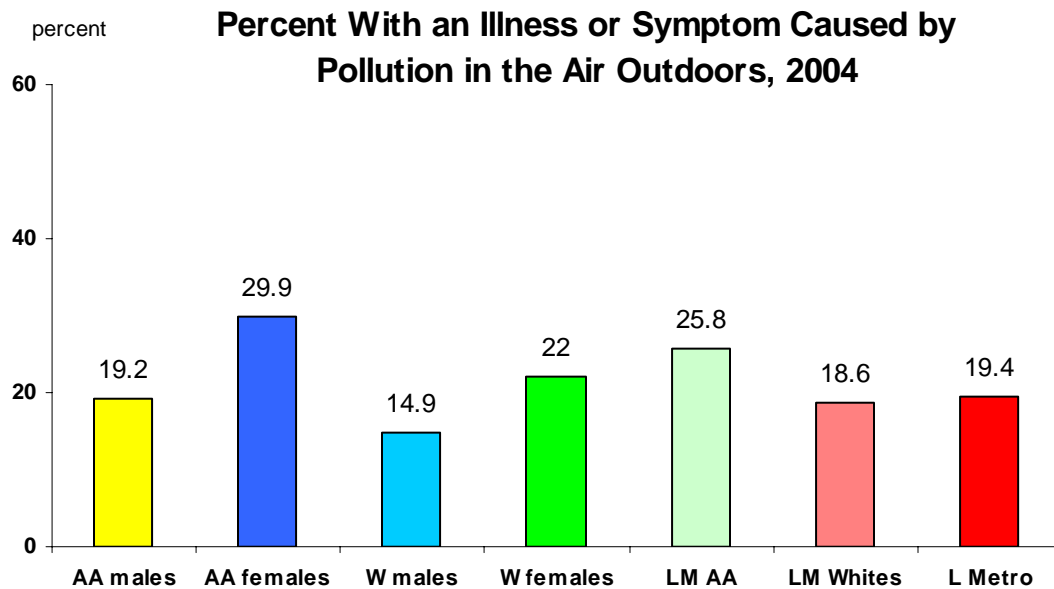


Environmental Factors

More than one in four Louisville Metro adults reported problems in response to; “Things like dust, mold, smoke, and chemicals inside the home or office can cause poor indoor air quality. In the past 12 months have you had an illness or symptom that you think was caused by poor indoor air quality?” A higher percent of females reported problems from poor indoor air quality than males. African Americans reported a higher percent than Whites reported.

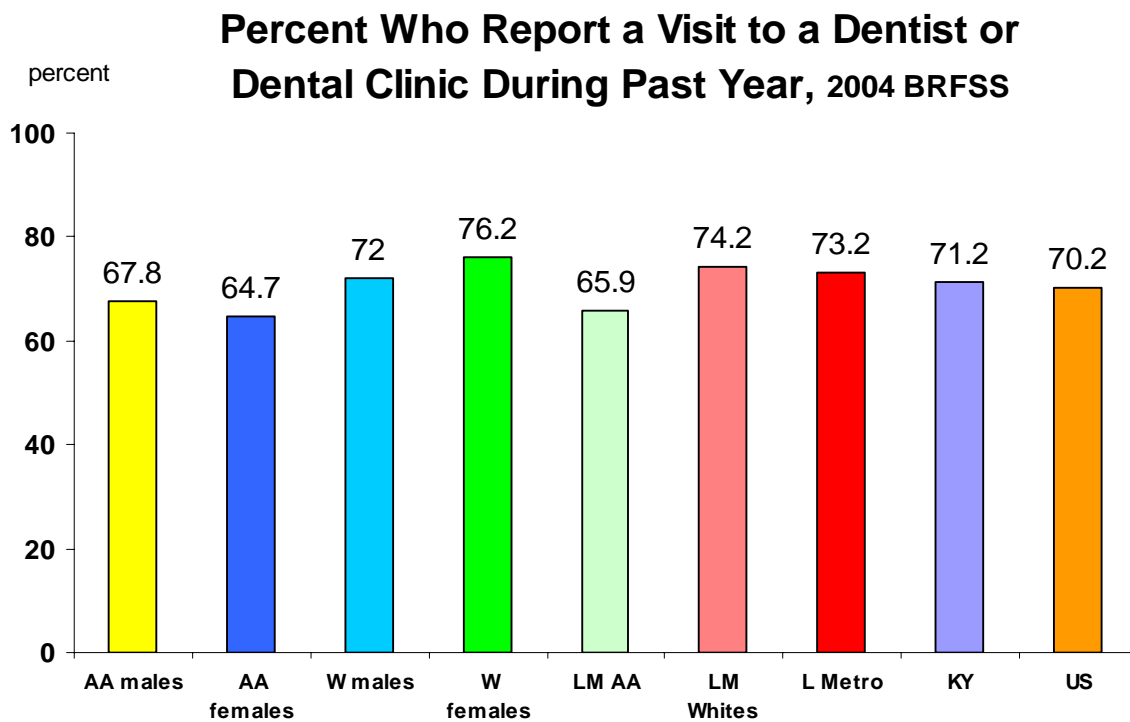


Almost one in five Louisville Metro adults reported problems in response to; “Things like smog, automobile exhaust, and chemicals can cause outdoor air pollution. In the past 12 months have you had an illness or symptom that you think was caused by pollution in the air outdoors?” Again, females reported a higher percent affected by poor outdoor air quality than males and African Americans reported a higher percent than Whites.



Oral Health

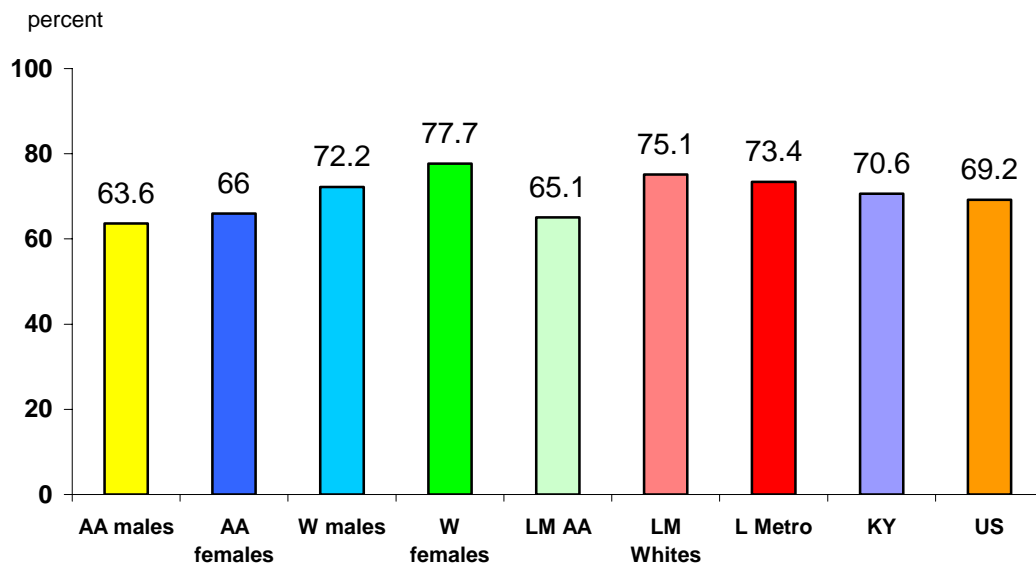
Nearly three of four Louisville Metro adults reported visiting a dentist or dental clinic during the past year. The percent for Louisville Metro is similar to the percent for Kentucky and the US. All of these surveys reported a percent that is higher than the Healthy Kentuckians 2010 goal of 70%. In Louisville Metro, White females have the highest percent (76.2%) and African American females had the lowest percent (64.4%).



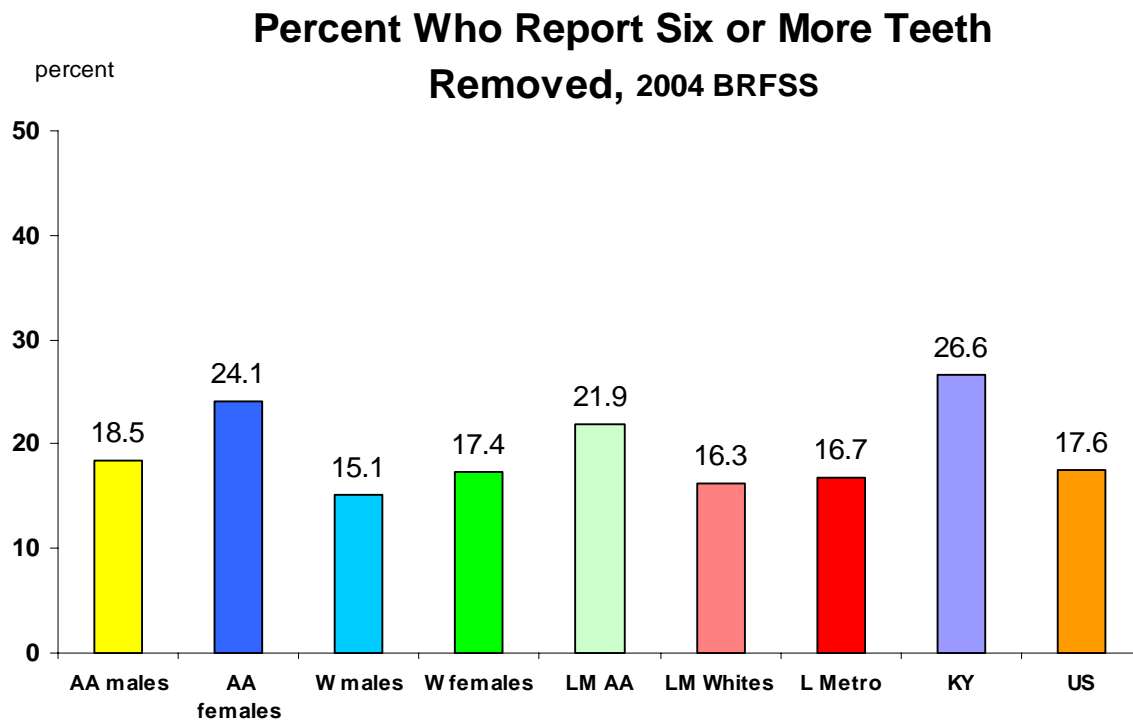
Nearly three in four Louisville Metro adults reported having their teeth cleaned during the past year. This is similar to the rate for Kentucky and both are above the Healthy Kentuckians 2010 goal of 70%. In Louisville Metro, more females than males and more Whites than African Americans had such a procedure during the past year.

Percent Who Report Having Teeth Cleaned During Past Year

LM 2004, KY & US 2002



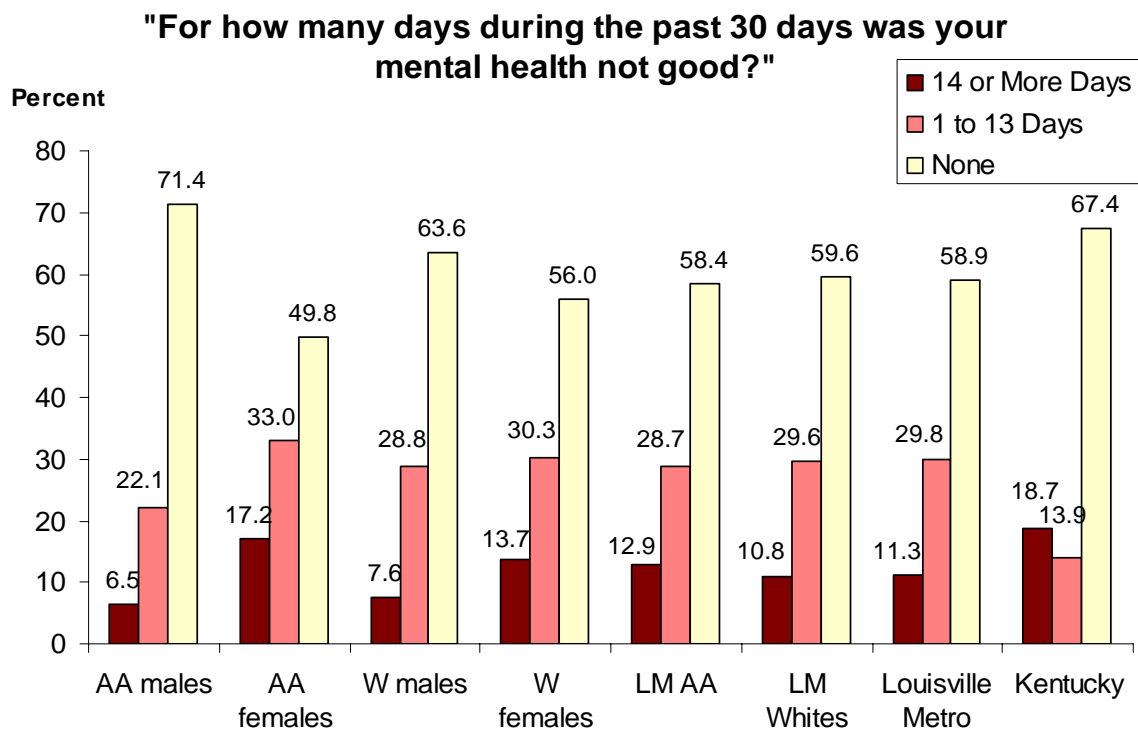
Over one in every six adults in Louisville Metro had six or more of their permanent teeth removed because of tooth decay or gum disease. The percent for Louisville Metro (16.7%) is similar to that for the US (17.6%). However, Kentucky has a considerably higher percent at 26.6%. In Louisville Metro, the percent is higher for African Americans compared to Whites and highest for African American females (24%) which is almost the percent reported by Kentucky.



Mental Health

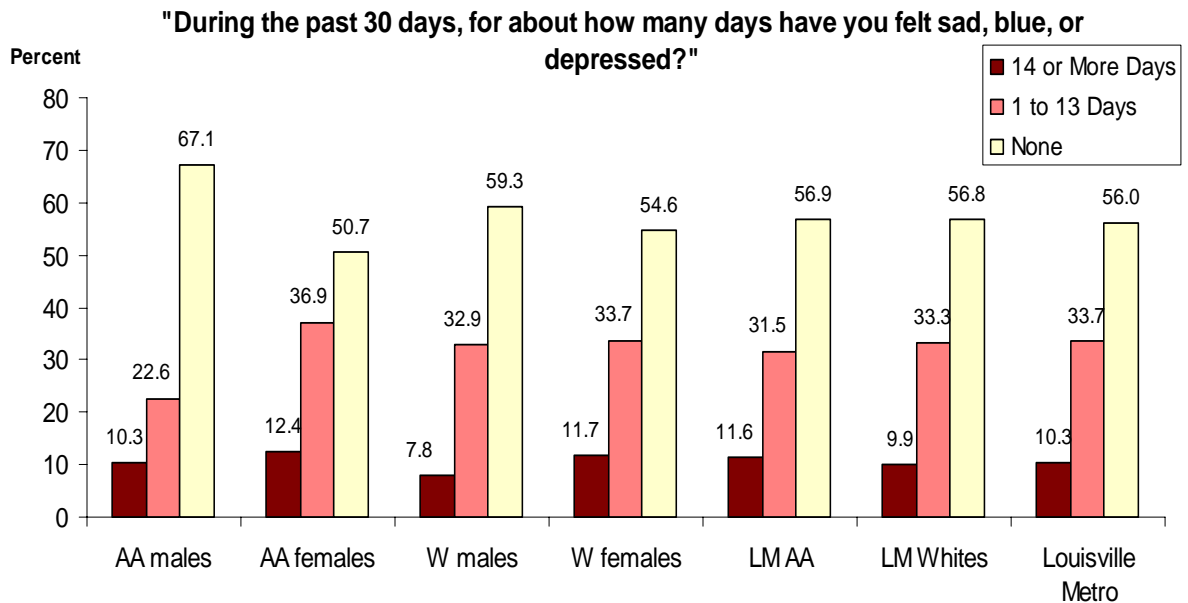
The survey asked participants “For how many days during the past month was your mental health not good?” The majority of Louisville Metro adults reported **no days** during the past month when their mental health was “not good.” However, the percent with no days for Louisville Metro (58.9%) was lower than reported by Kentucky (67.4%). Only African American males had a higher percent than Kentucky reporting no days of poor mental health during the past month.

When examining the percent reporting **fourteen (14) or more days** out of the last month with mental health that was rated as “not good,” Louisville Metro (at 11.3%) had a lower percent than Kentucky (18.7%). In fact, each gender/race group in Louisville Metro had a lower percent than Kentucky for people with fourteen (14) or more days during the past month when their mental health was “not good.”

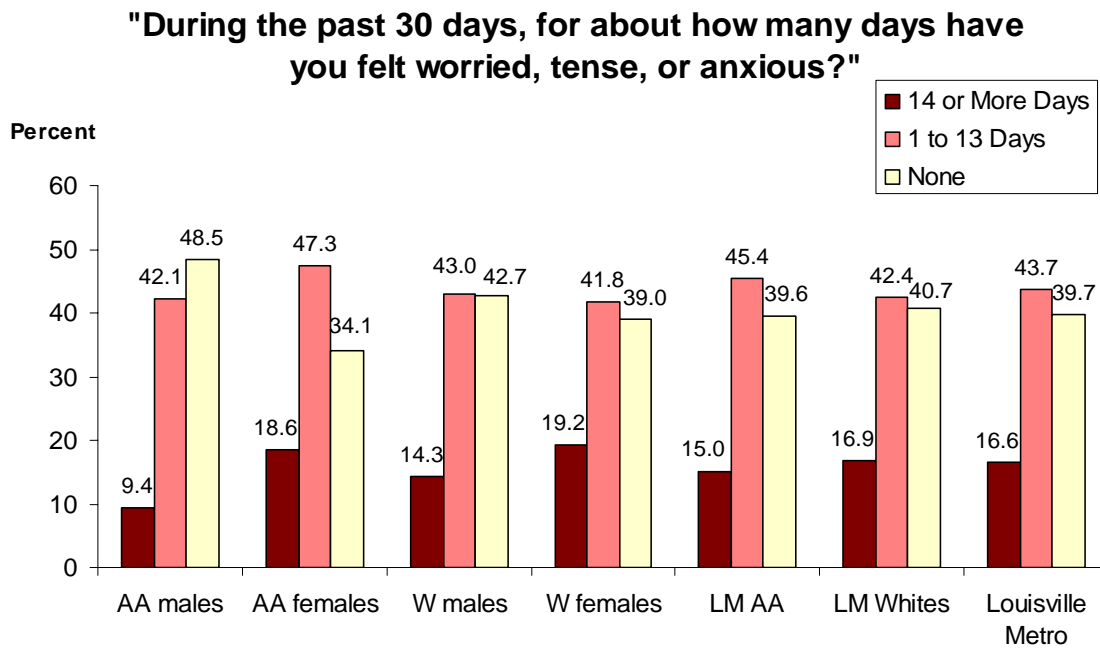


Fifty-six percent of Louisville Metro adults reported **no days** during the past month when they felt “sad, blue, or depressed.” The group reporting the highest percent with no days of sadness or depression during the past month was African American males (67.1%).

When examining the percent reporting **fourteen (14) or more days** of sadness or depression during the past month, the group reporting the lowest percent was White males (7.8%). Women reported more days of sadness or depression than males.

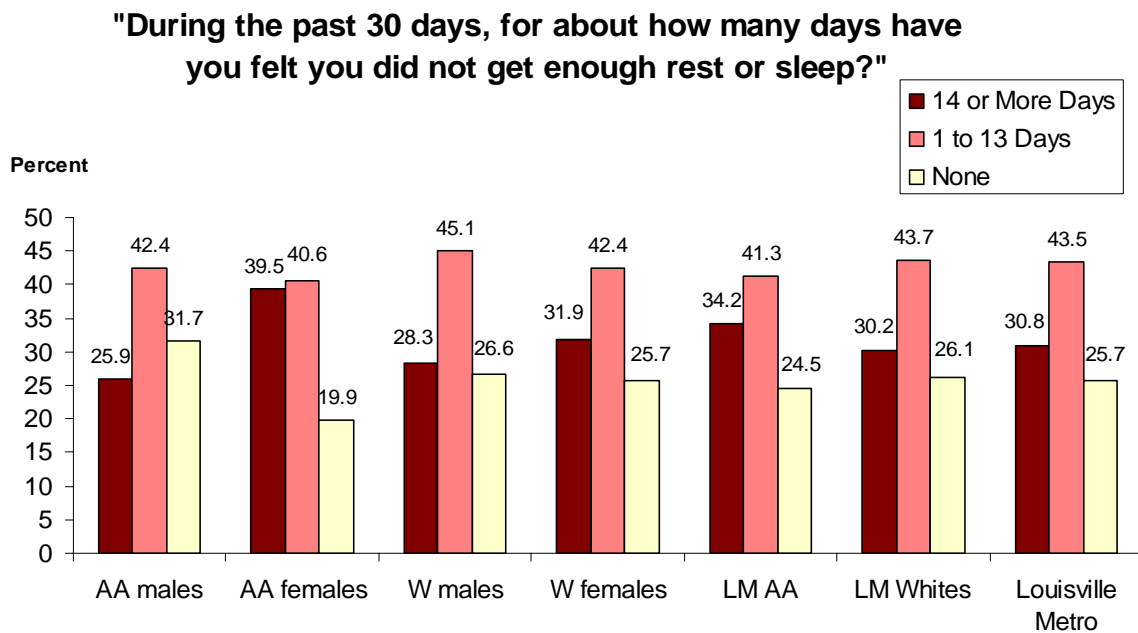


Nearly one in every six Louisville Metro adults reported **14 or more days** when asked; “During the past 30 days, for about how many days have you felt worried, tense, or anxious?” Both African American and White females have a higher percent reporting 14 or more days of tension or anxiety than did African American males or White males.



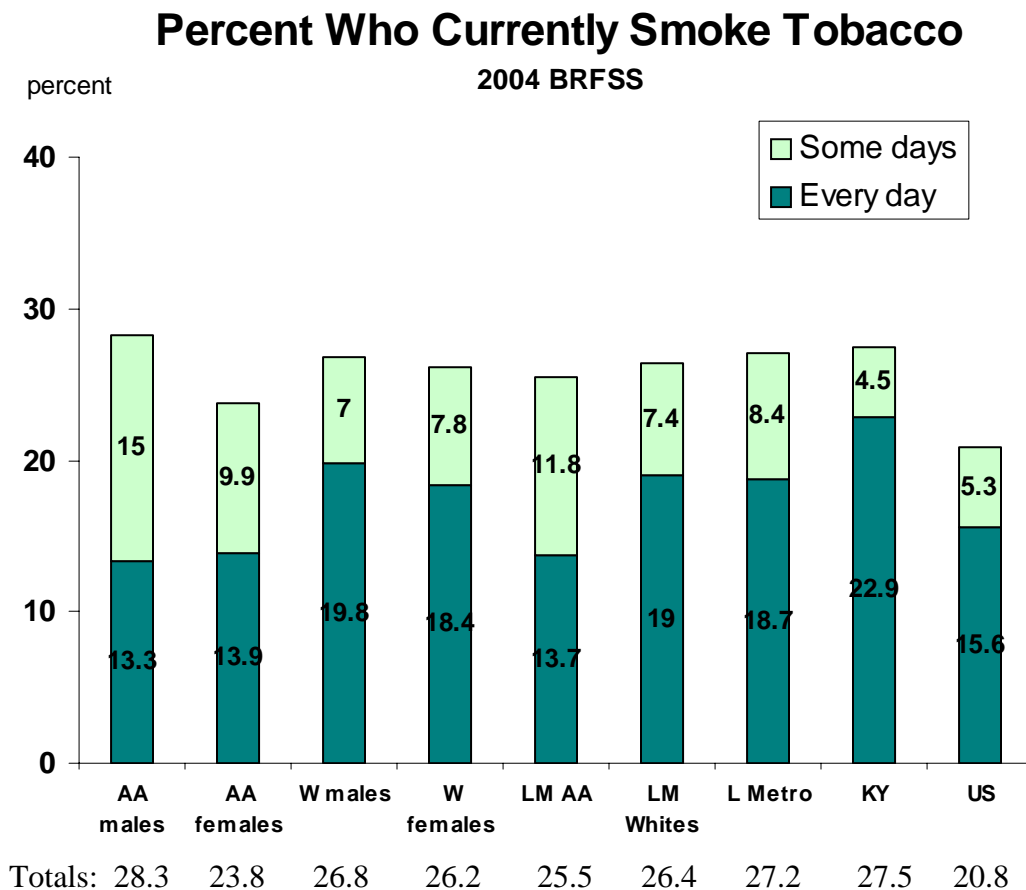
Only one fourth of the Louisville Metro residents reported getting **adequate sleep or rest** during the past month. African American females had the lowest percent (19.9%) while African American males had the highest percent (31.7%) getting adequate sleep or rest.

When looking at the percent reporting **14 or more days** during the past month **with inadequate sleep or rest**, females had the largest percent (39.3% for African American females and 31.9% for White females).

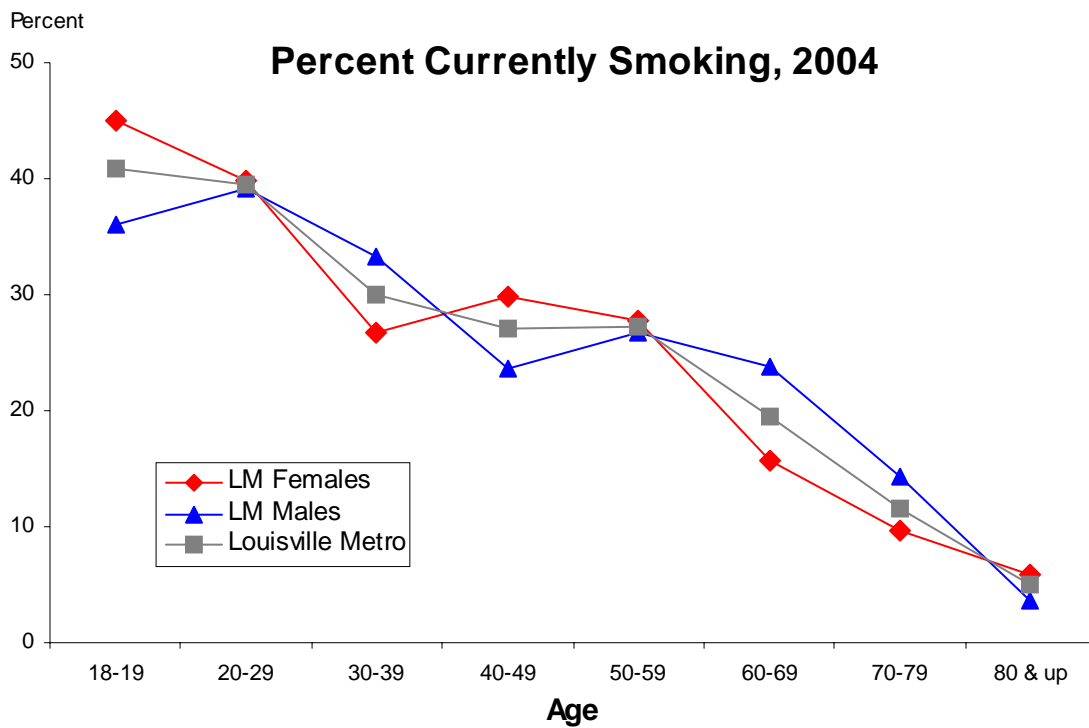


Tobacco

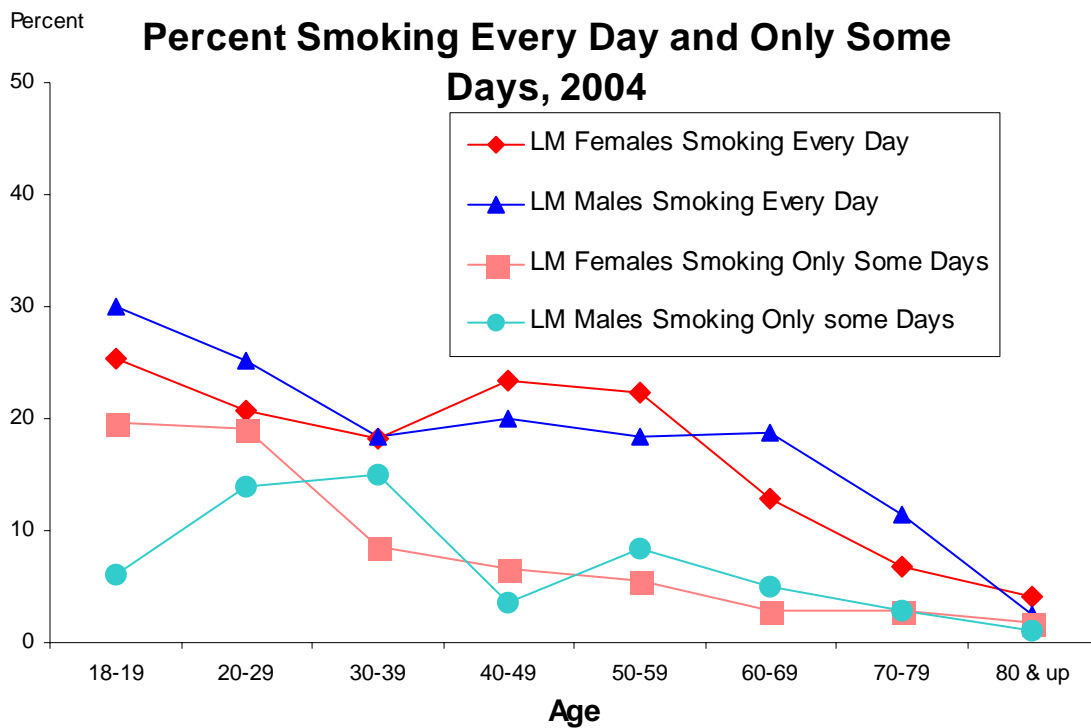
Over one in every four Louisville Metro adults and Kentucky adults reported that they currently smoke. The percent for the US is lower than both Louisville Metro and Kentucky. While Louisville Metro and Kentucky have similar rates for smoking, Louisville Metro has a smaller percent smoking **every day**. In Louisville Metro, African American males have the highest percent reporting smoking tobacco, but more of them reported smoking only **some days**, when compared to those reporting smoking **every day**. While both White males and females have a higher percent **smoking every day** than did African American males, their **overall percent currently smoking** is lower than African American males.



Smoking is significantly related to age. There is a steady decline in the percent of Louisville Metro adults currently smoking from a high of 40.9% for those ages 18 to 19 years to a low of 5% for those 80 years of age and older. Females have the highest percent currently smoking in the age group of 18 to 19 years of age (45%). However, males continue to have over 20% currently smoking until they reach 70 years of age.



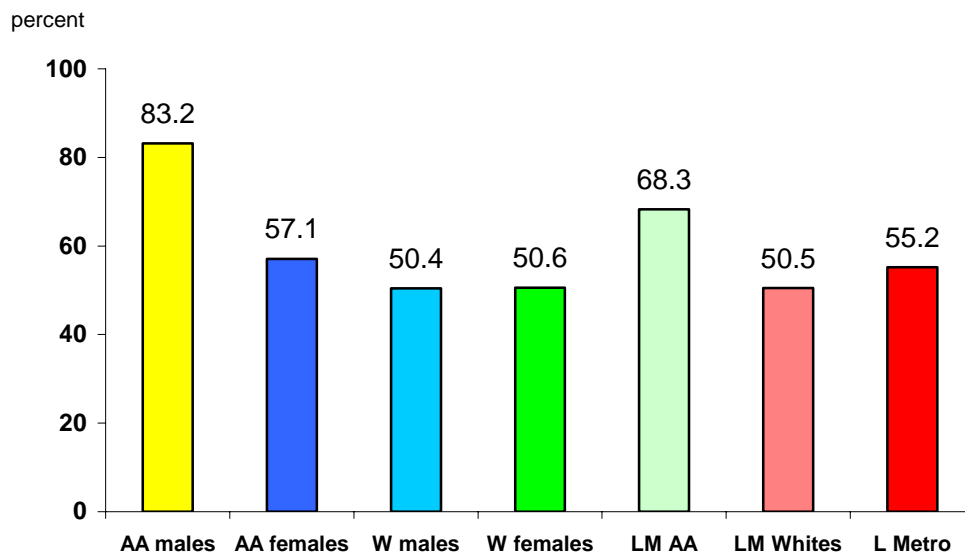
A higher percent of young women (ages 18 through 29 years) **smoke only some days** as compared to men of those ages. However, *within each age group*, there is a higher percent of males who **smoke every day** compared to males who **smoke only some days** and a higher percent of females who **smoke every day** compared to females who **smoke only some days**.



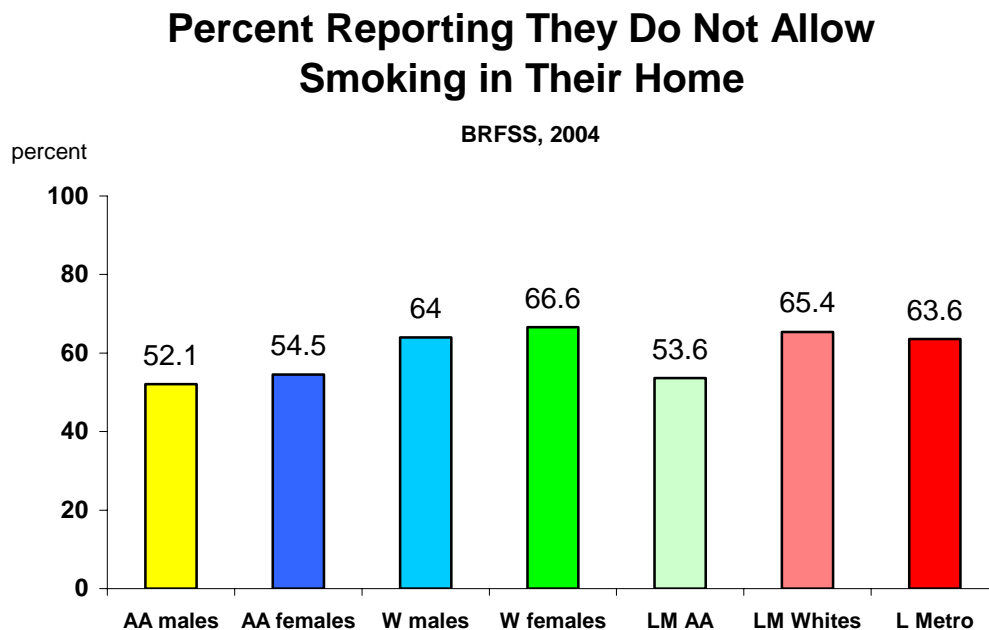
One of the questions asked of smokers in Louisville Metro in 2004 was; “During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?” Of those who currently smoke, over half had tried to quit during the past year. This was highest (83.2%) for the African American males, who are also the group reporting the highest percent in Louisville Metro who currently smoke tobacco.

Percent of Current Smokers Who Report Trying to Quit During Past Year

BRFSS, 2004



When asked about the smoking rules in their homes, the majority of respondents reported that they do not allow smoking in their household. The gender/race groups vary from 52% for African American males to almost 67% for White females. No comparison data were available.

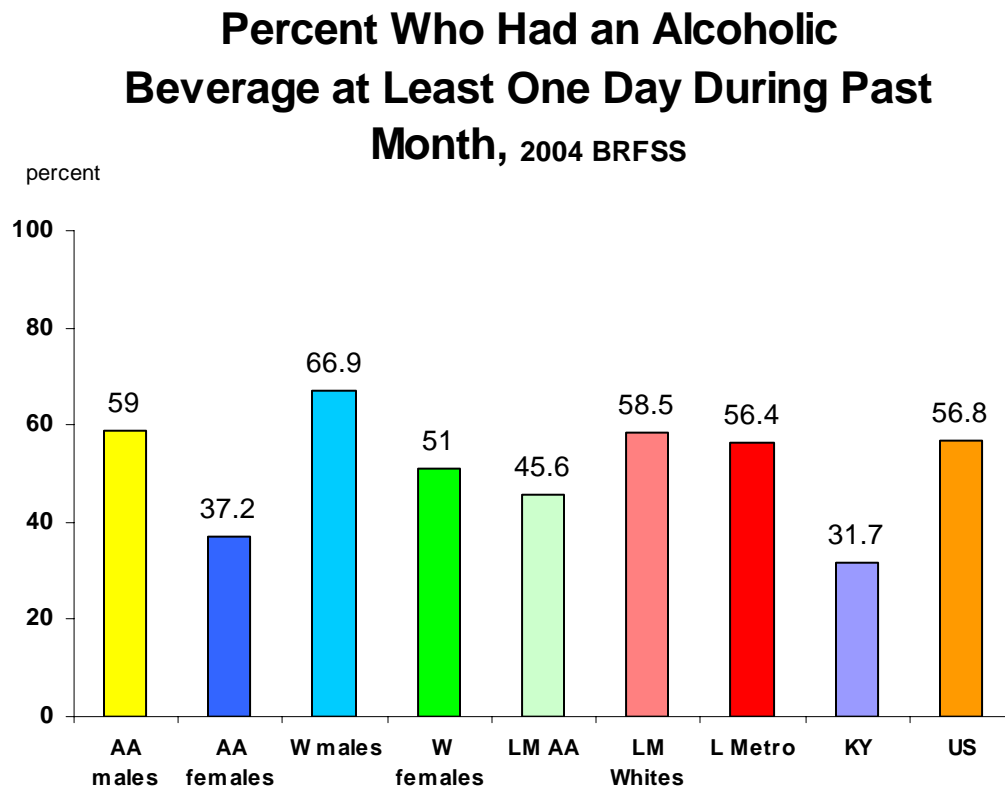


Thirty percent (30%) of adults who currently smoke reported that smoking was not allowed inside their home. However, the percent of non-smoking adults who live in a household that did not allow smoking was 75.8%.

When looking at the adults who currently smoke, those who live in households with a rule of no smoking were trying to quit at a higher rate than those who lived in households that allowed smoking in the home. Nearly three in four smokers (72.9%) living in a “no smoking in the home” household reported trying to quit during the past year. Less than half (47.5%) of the smokers living in a household that allowed smoking inside the home reported trying to quit during the past year.

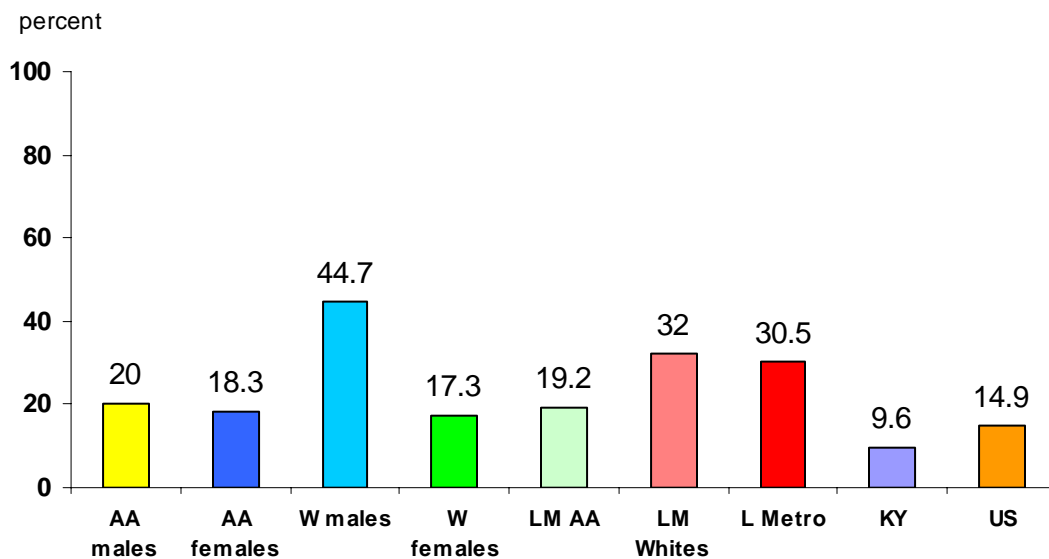
Alcohol

Overall, slightly over half of the Louisville Metro respondents reported having an alcoholic beverage at least one day during the past month. This is comparable to the US but higher than the percent in Kentucky. Within Louisville Metro, the percent was highest for White males (66.9%) and lowest for African American females (37.2%).

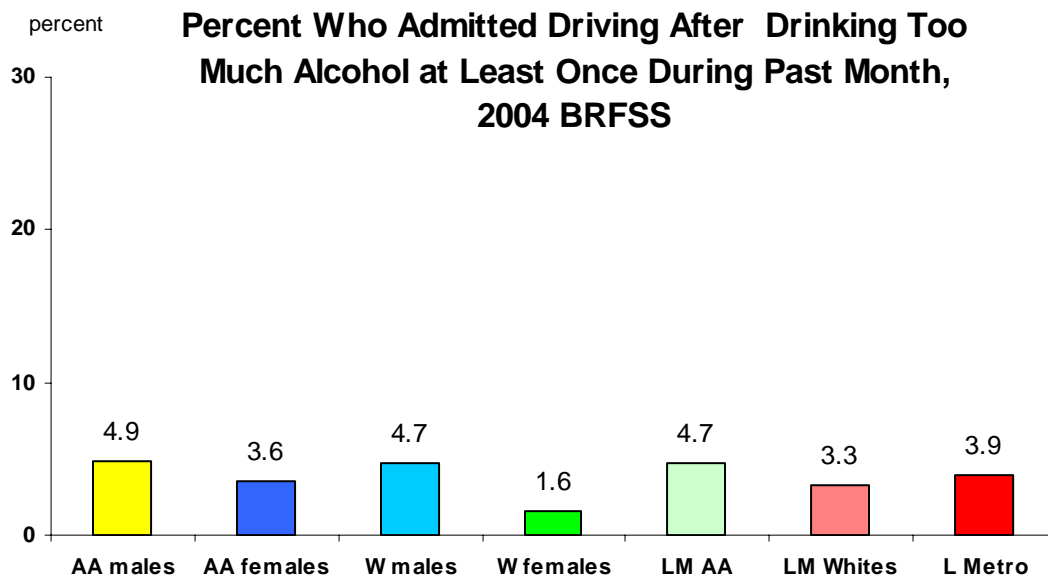


About a third of the Louisville Metro respondents reported at least one day during the past month when they had five or more alcoholic beverages in the same day. This percent is twice as high as the percent for the US and substantially higher than the percent in Kentucky. Again, White males had the highest percent, with 44.7% reporting one or more days when they consumed five or more drinks. White females, African American females and African American males ranged from 17 to 20 percent.

Percent Who Had Five or More Alcoholic Beverages at Least One Day During Past Month, 2004 BRFSS



Less than four percent of Louisville Metro adults reported driving a vehicle after having too much to drink sometime during the past month. Males reported a higher percent of driving after too much to drink than did females. The gender/race groups vary from 4.9% for African American males to 1.6% for White females.

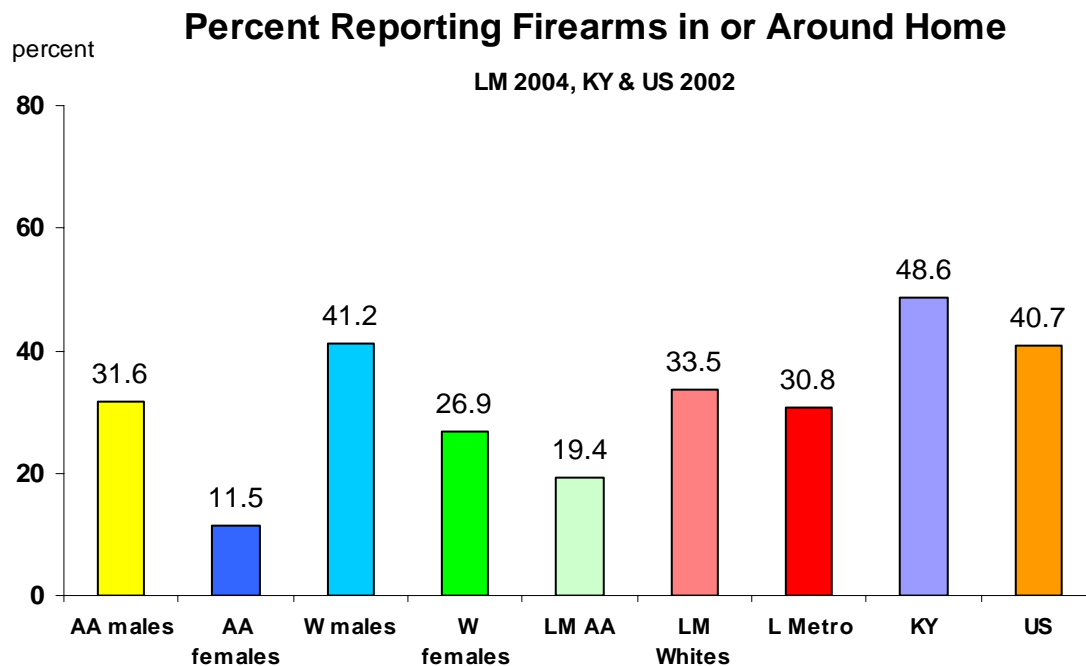


Firearms

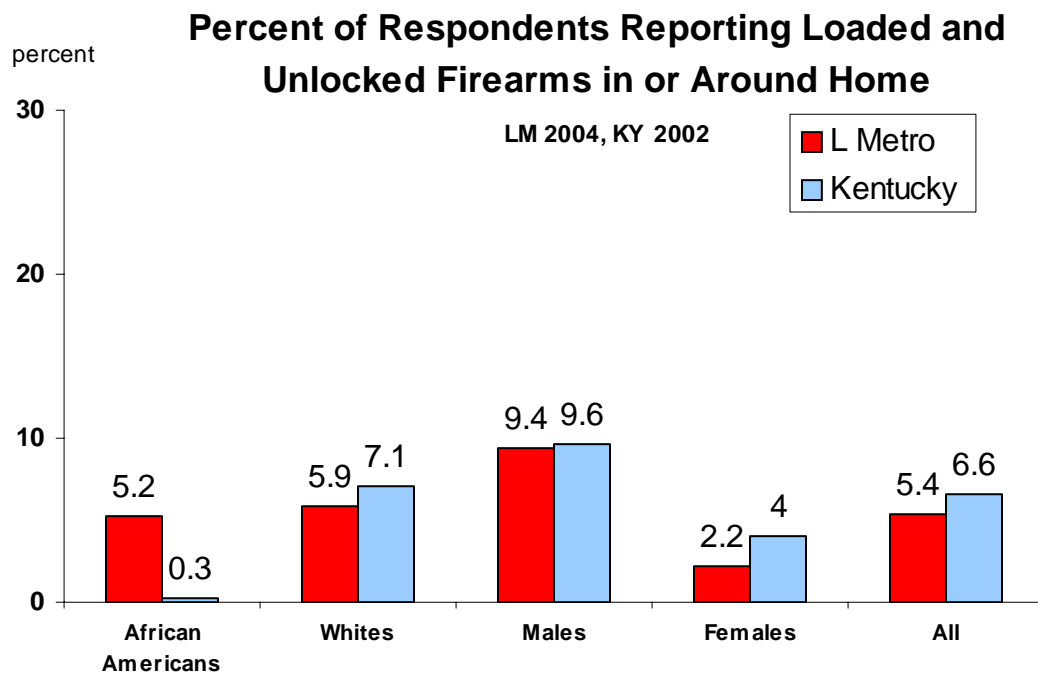
The BRFSS survey included questions about firearms. The interviewer introduces this topic with the following script:

“The next questions are about firearms. We are asking these in a health survey because of our interest in firearm-related injuries. Please include weapons such as pistols, shotguns, and rifles; but not BB guns, starter pistols, or guns that cannot fire. Include those kept in a garage, outdoor storage area, or motor vehicle.”

The first question about firearms is; “Are any firearms kept in or around your home?” Nearly one in every three Louisville Metro adults reported having a firearm in or around the home. This is a smaller percent than the percent reported by Kentucky or the US. Within Louisville Metro, more Whites and more males reported having a firearm.

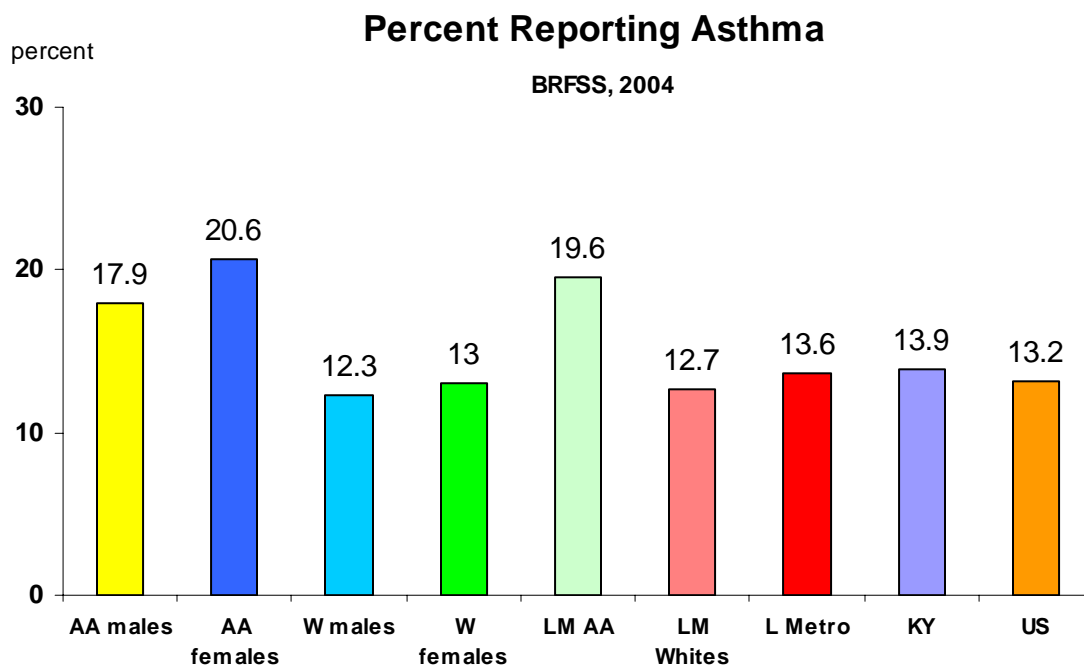


The survey asks those who reported having a firearm; “Are any of those firearms now loaded?” Those who reported loaded firearms are then asked; “Are any of these loaded firearms also unlocked?” The percent of Louisville Metro adults who report a loaded and unlocked firearm is similar to the percent for Kentucky (5.4% and 6.6% respectively). In Kentucky the percent for males is over two times the percent for females. In Louisville Metro, the percent for males is over four times the percent for females. The percent with loaded and unlocked firearms is similar for Whites and African Americans in Louisville Metro.

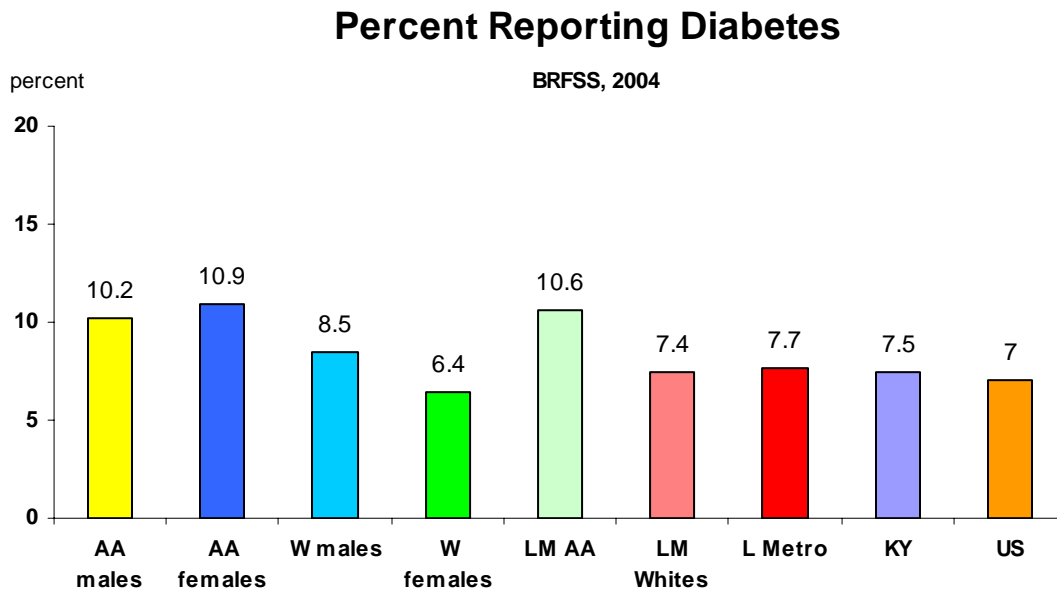


Chronic Diseases

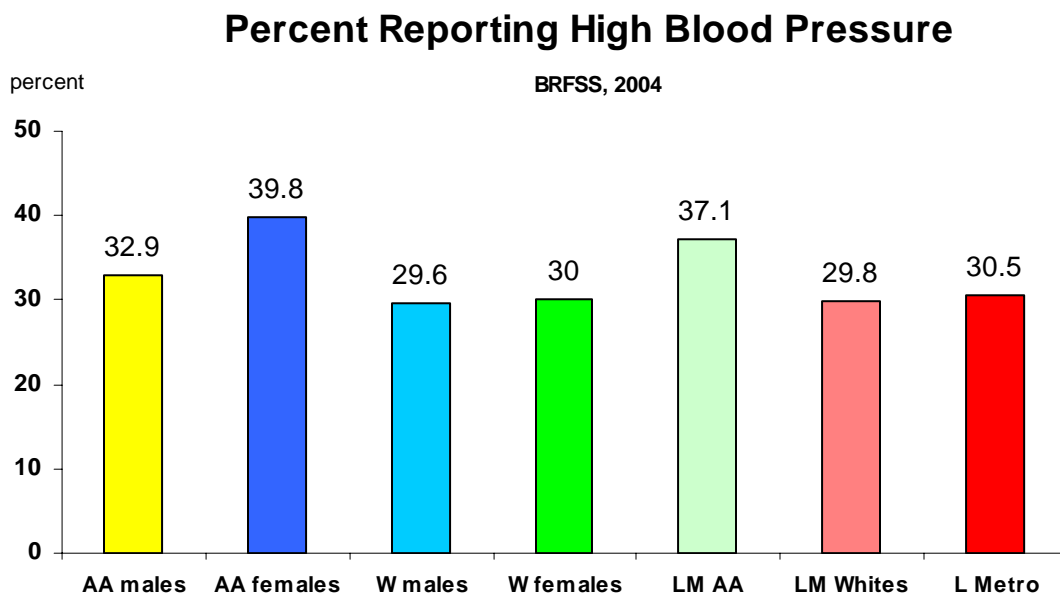
The BRFSS survey includes some questions about the prevalence of chronic diseases in the adult population. One of the questions is; “Have you ever been told by a doctor, nurse or other health professional that you had asthma?” Nearly one in every seven Louisville Metro adults reported having asthma at some time. This is similar to the percent reported for Kentucky and the US. However, in Louisville Metro the percent of adults who had ever been told they have asthma by a health professional is higher for African Americans (19.6%), especially African American females (20.6%), than for Whites (12.7%).



The survey also includes the question; “Have you ever been told by a doctor that you have diabetes?” The percent reporting diabetes is similar for Louisville Metro (7.7%), Kentucky (7.5%), and the US (7%). However, in Louisville Metro African Americans reported a higher percent ever having diabetes (10.6%) than Louisville Metro Whites, especially White females (6.4%).



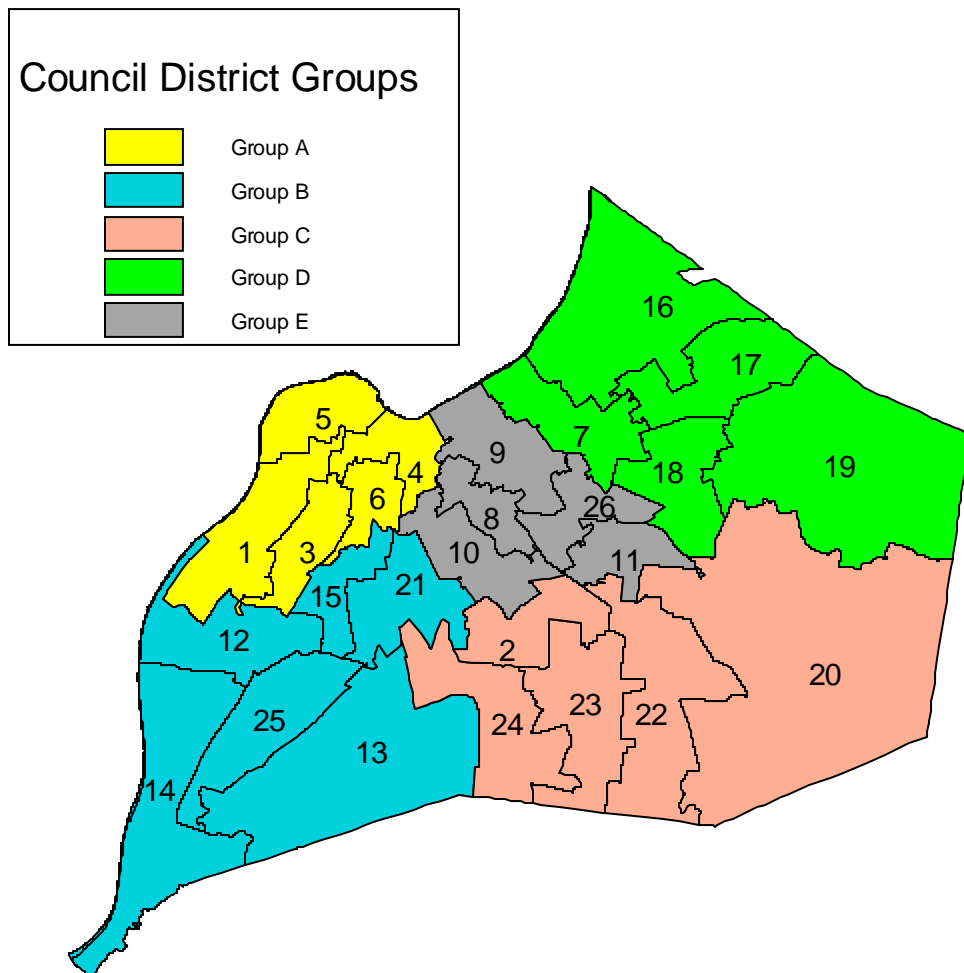
Another chronic disease related question is; “Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?” While all groups in Louisville Metro have around 30% or more reporting high blood pressure, the percent reaches almost 40% for African American females.

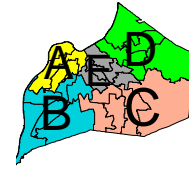


Louisville Metro Council Districts

While a random sample of over 2000 is more than adequate for the entire Louisville Metro area, narrowing that geographically to each of the 26 Council Districts decreases the reliability of the results. For this report, Council Districts are grouped into five contiguous areas for analysis to increase the reliability of the findings. Eighty-six (86) of the 2004 respondents could not be assigned to a Council District, so they are not included in this analysis.

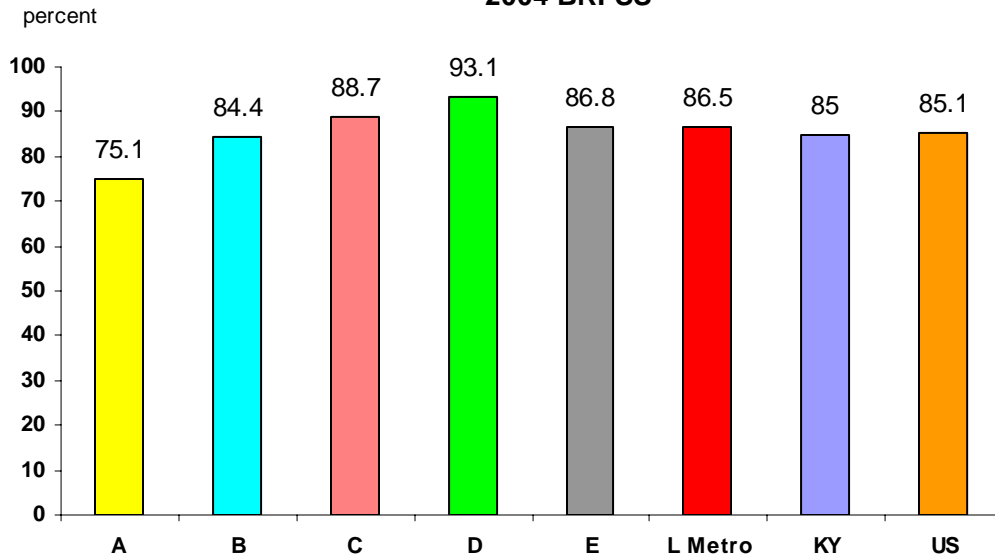
Council District Group A = Council Districts 1, 3, 4, 5, and 6
Council District Group B = Council Districts 12, 13, 14, 15, 21, and 25
Council District Group C = Council Districts 2, 20, 22, 23, and 24
Council District Group D = Council Districts 7, 16, 17, 18, and 19
Council District Group E = Council Districts 8, 9, 10, 11, and 26



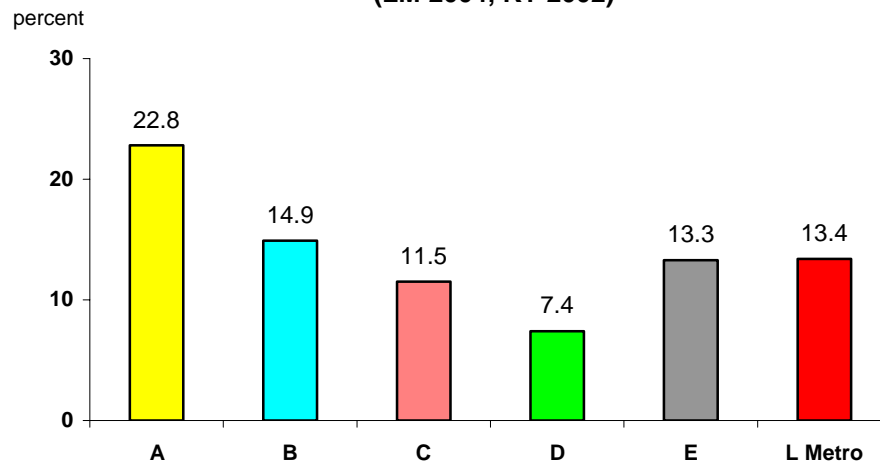


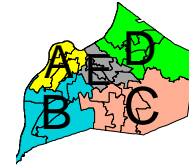
Health Care Access

**Percent With Any Type of Health Care Coverage,
2004 BRFSS**

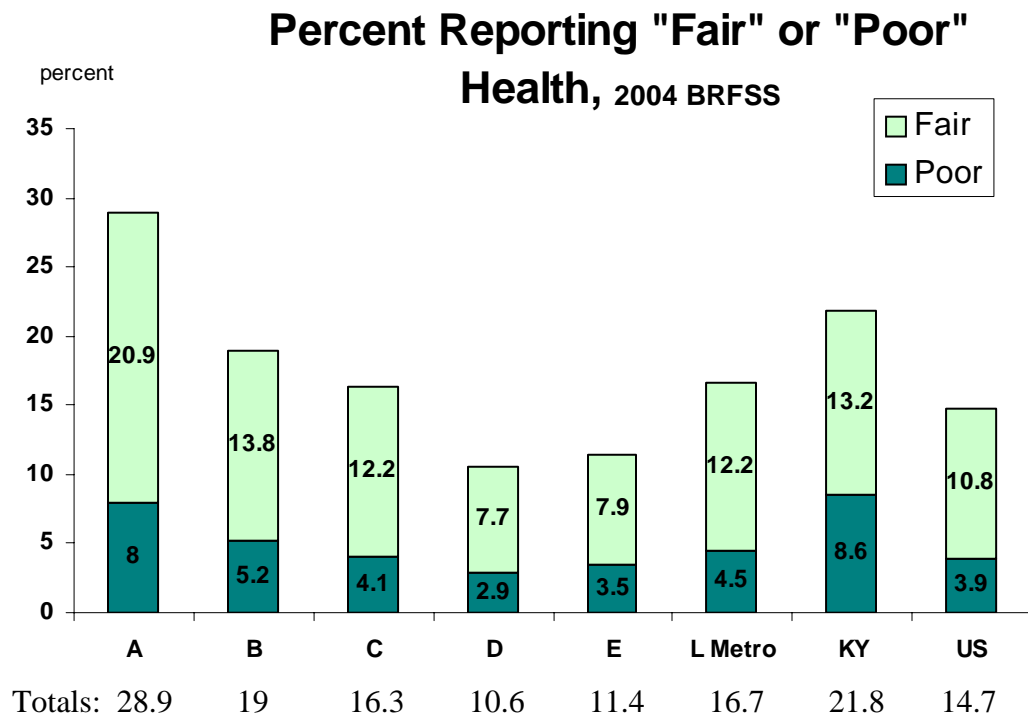


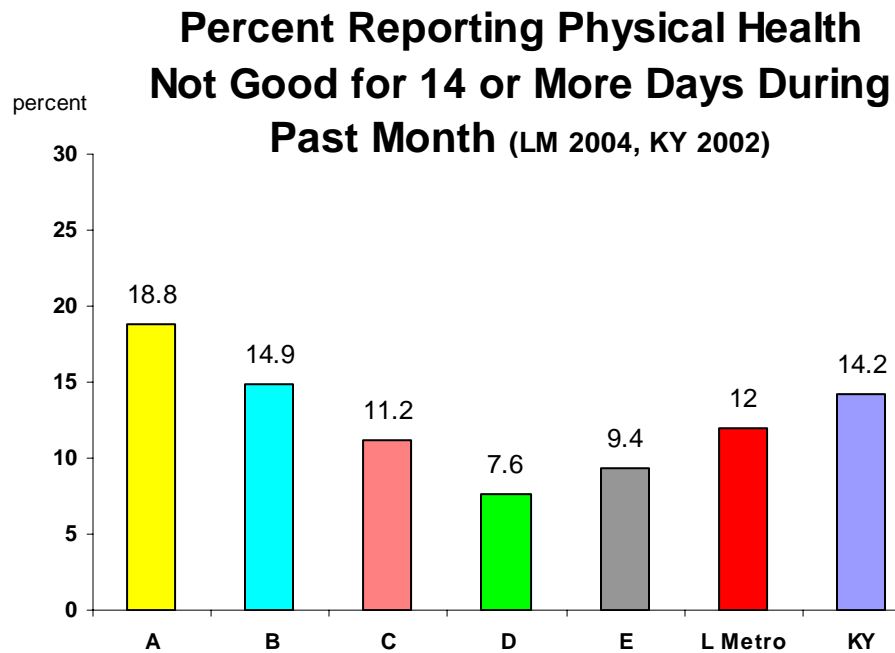
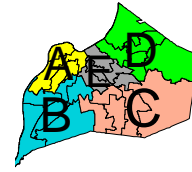
**Percent Needing to See a Physician But Did Not
Due to Cost During Past Year
(LM 2004, KY 2002)**



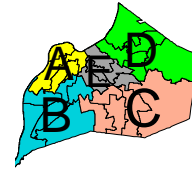


Health Status

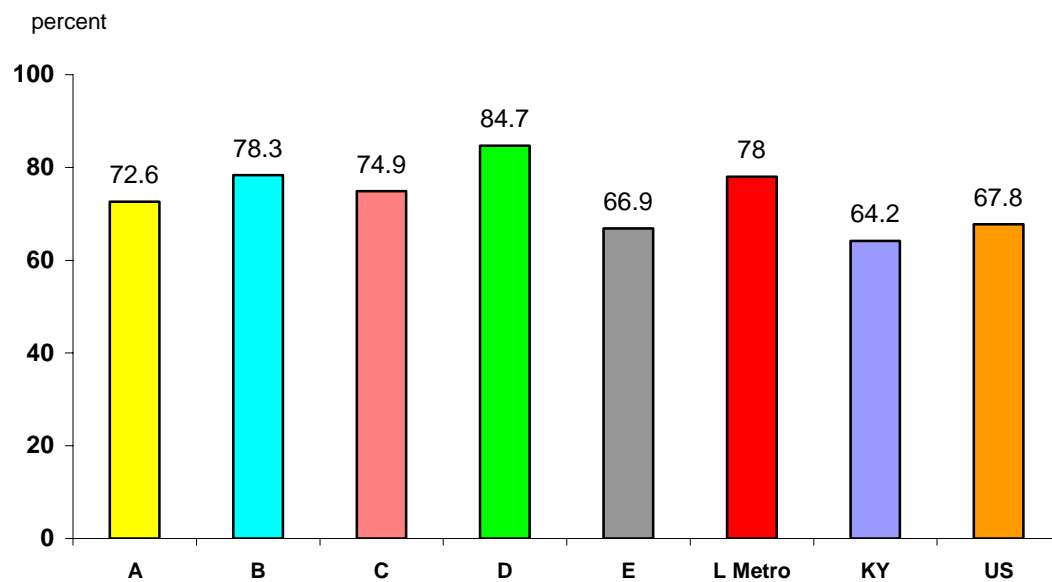


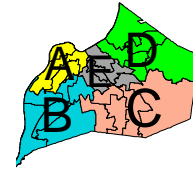


Adult Immunizations

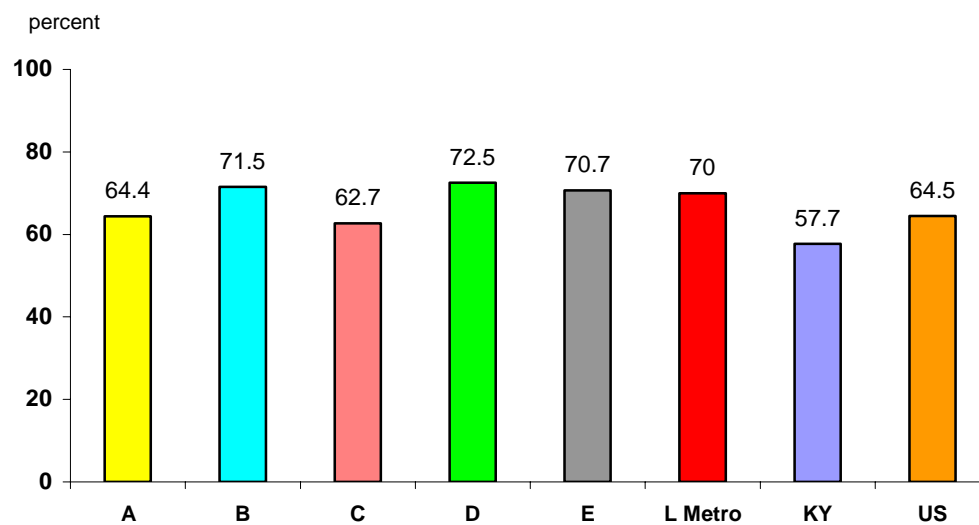


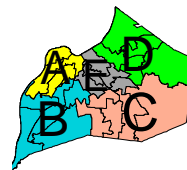
**Percent Who are Sixty-five Years of Age and Older
Who Report a Flu Shot During Past Year
2004 BRFSS**



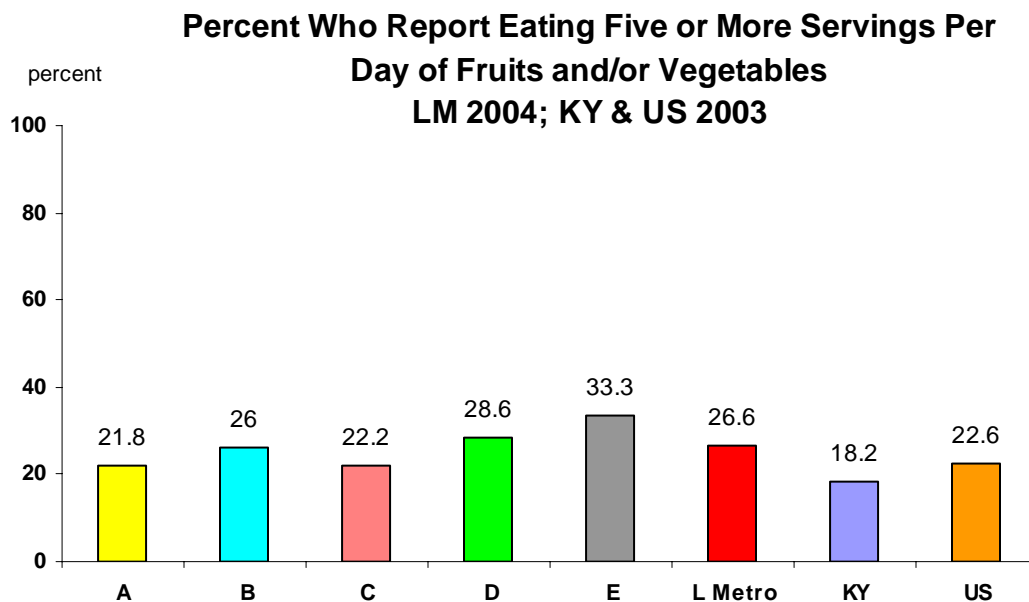
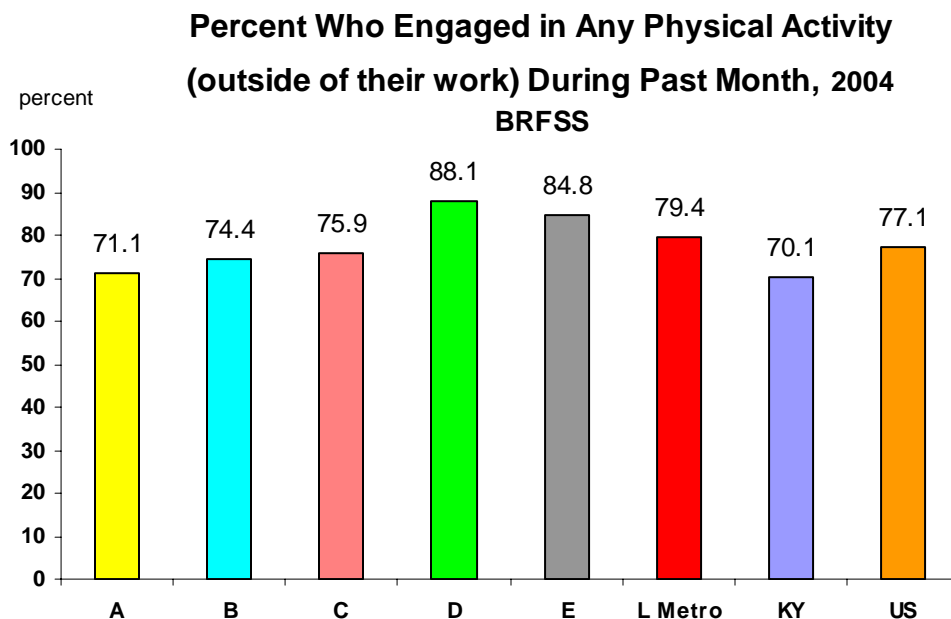


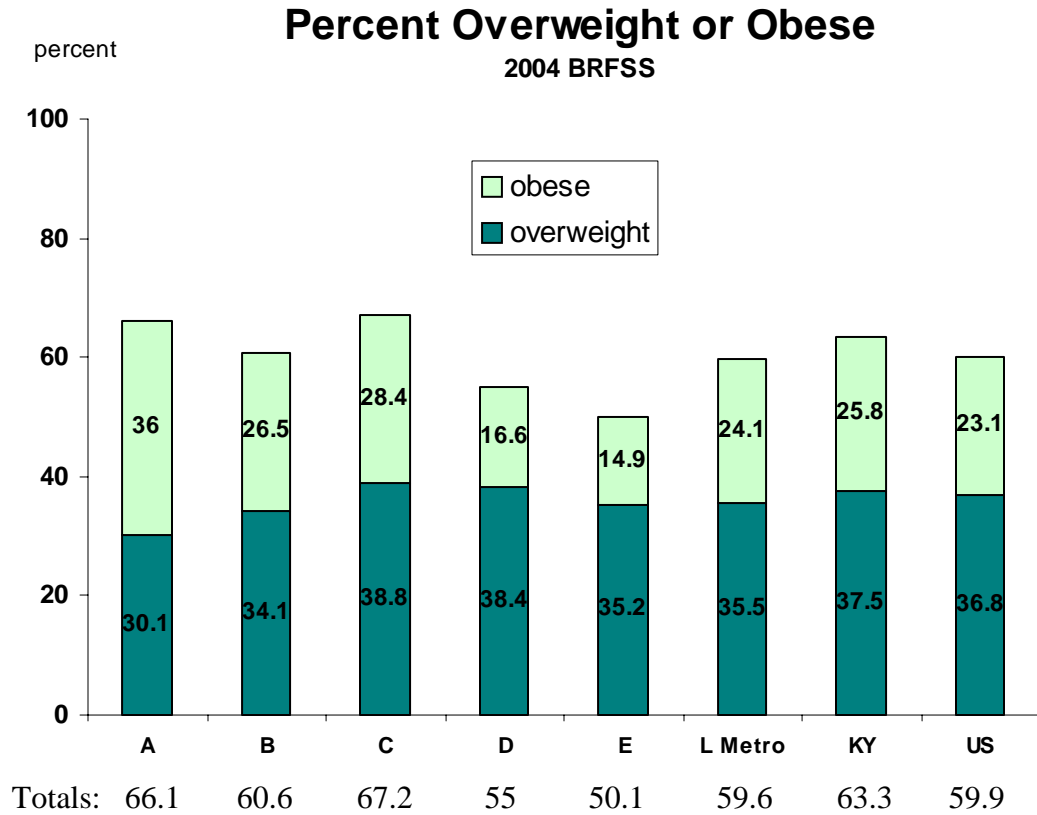
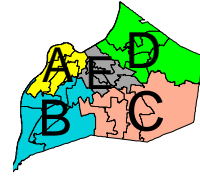
**Percent Who are Sixty-five Years of Age and Older
Who Report Ever Getting a Pneumonia Shot
2004 BRFSS**

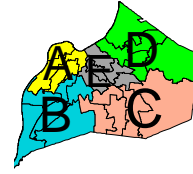




Physical Activity and Nutrition

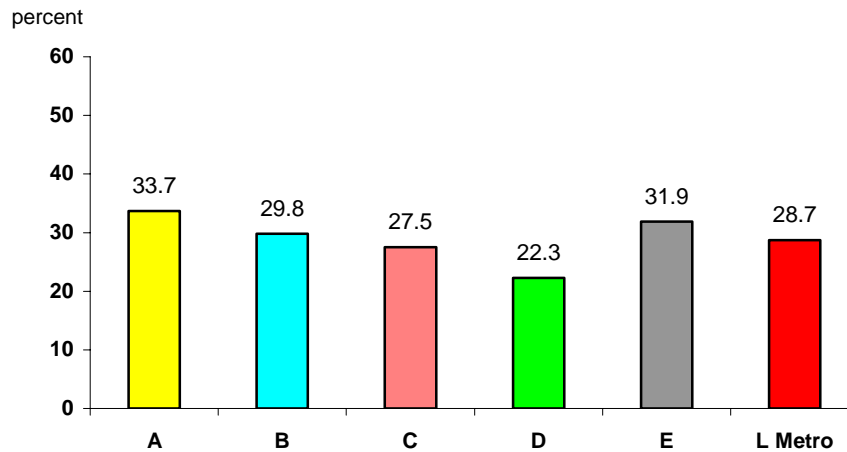




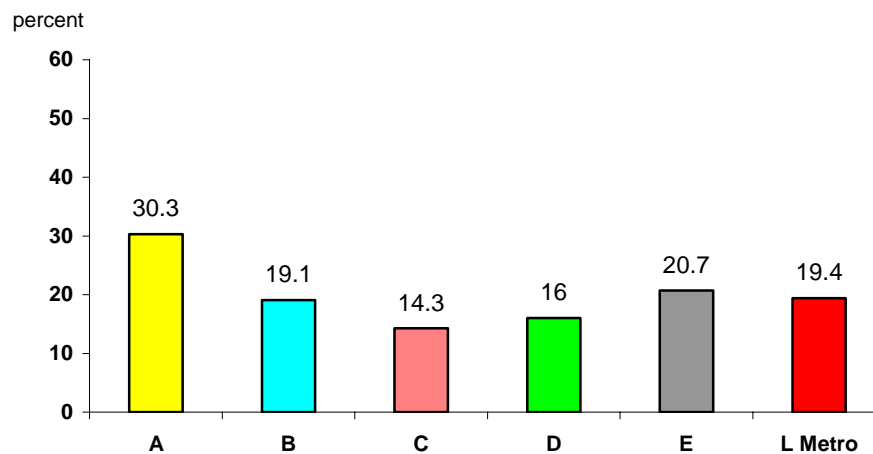


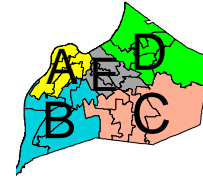
Environmental Factors

**Percent With an Illness or Symptom
Caused by Poor Indoor Air Quality, 2004**

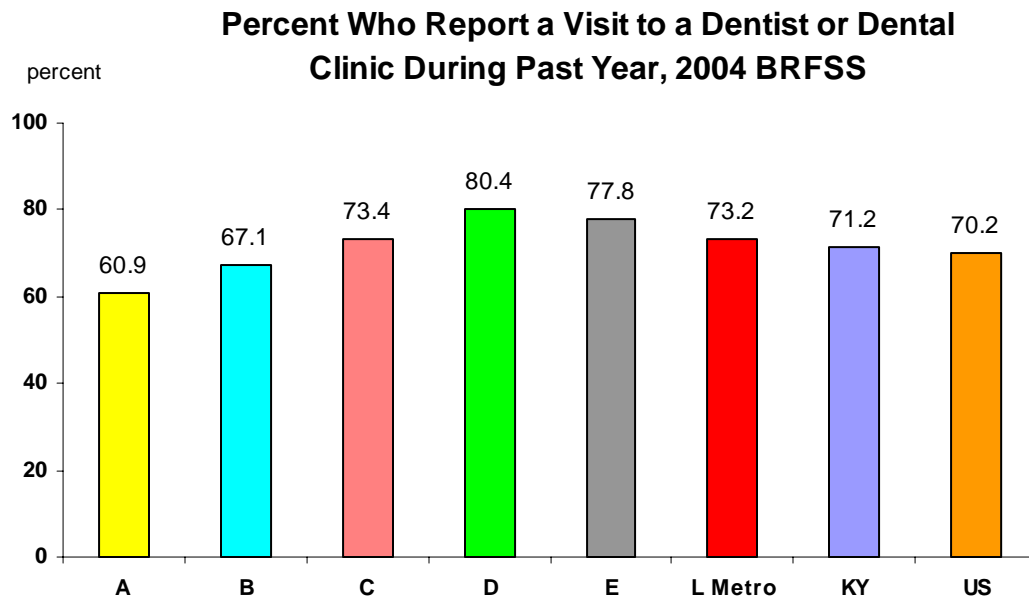


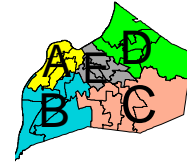
**Percent With an Illness or Symptom
Caused by Pollution in the Air Outdoors,
2004**



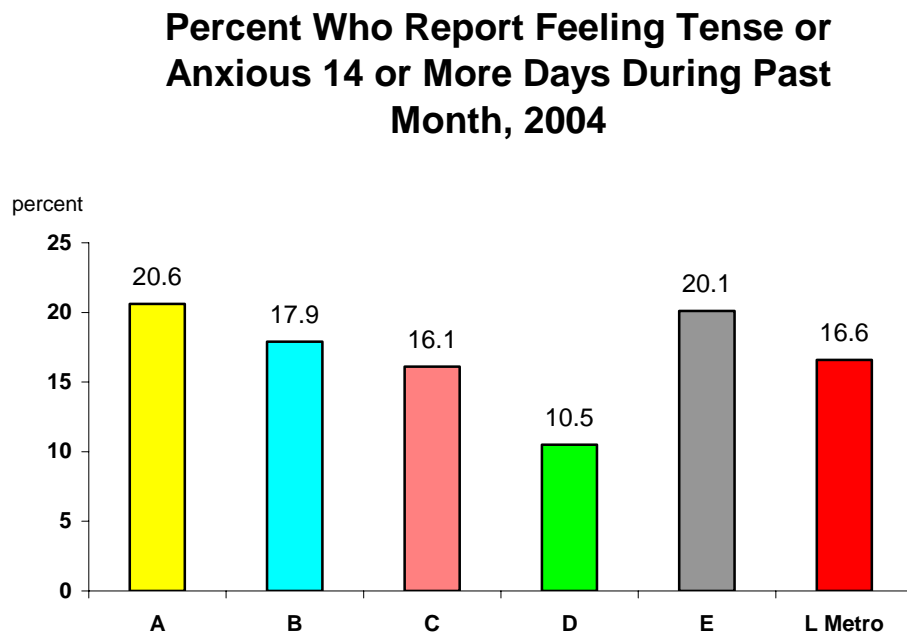
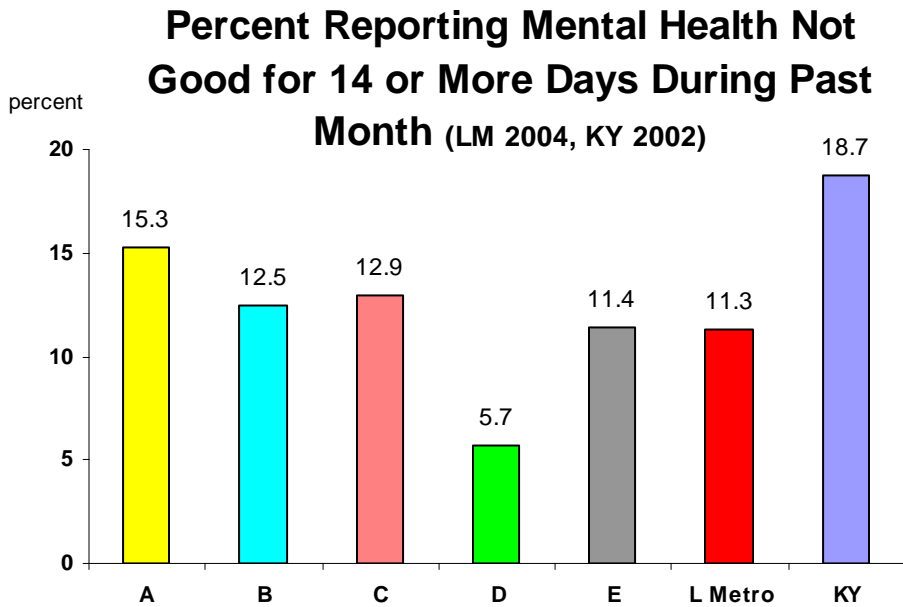


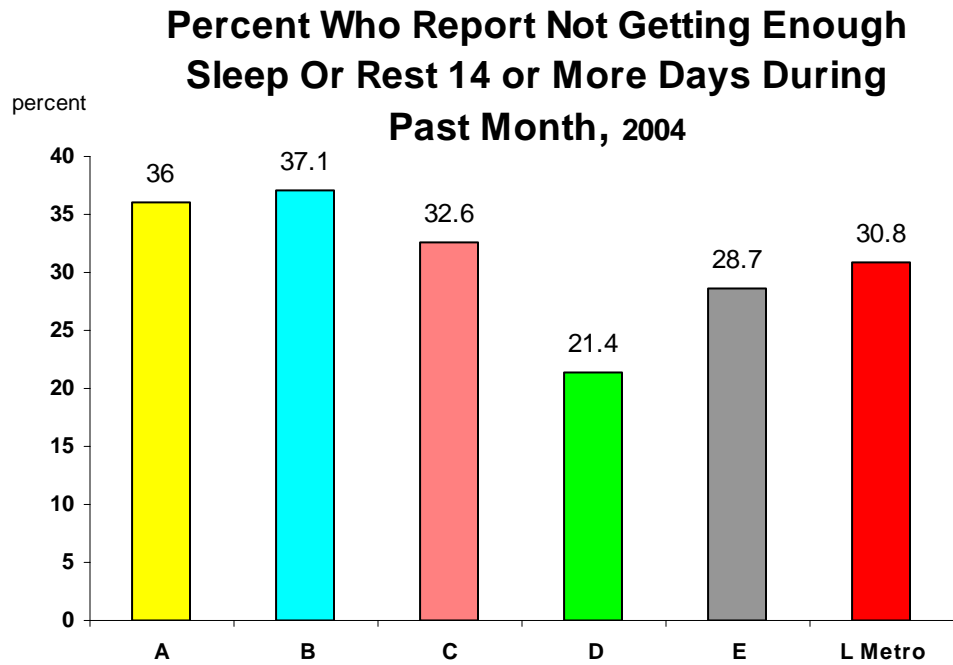
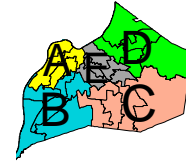
Oral Health

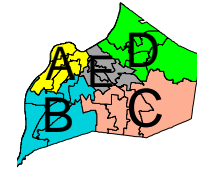




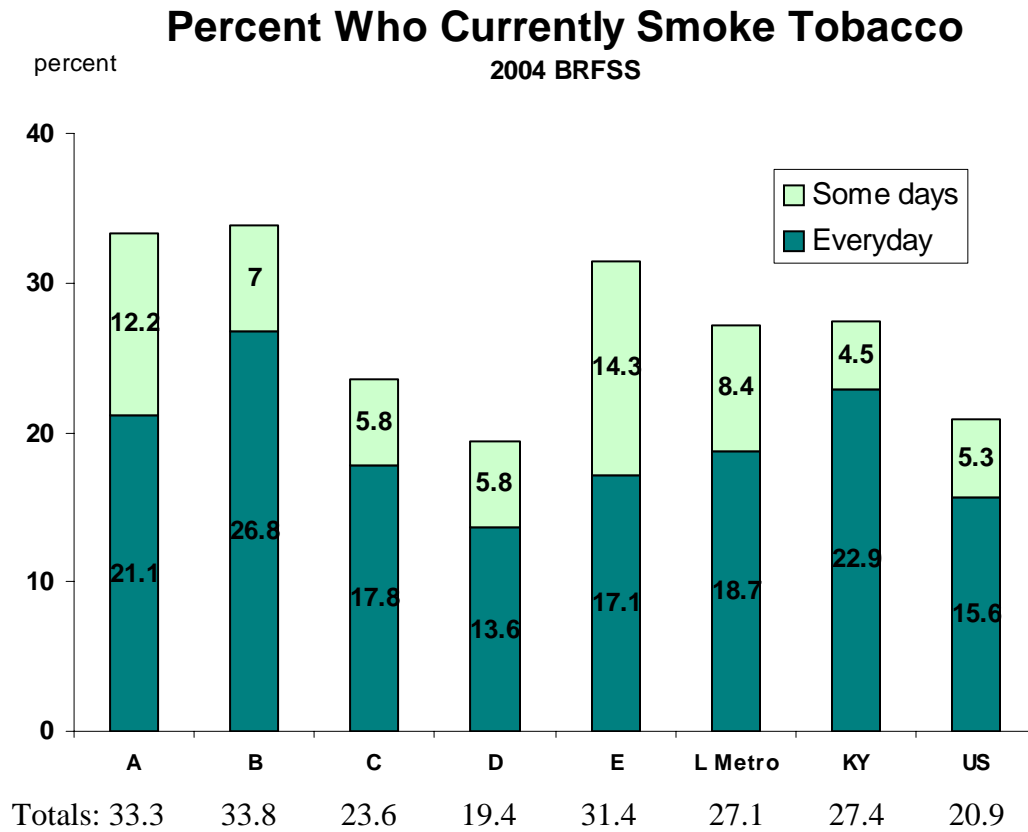
Mental Health

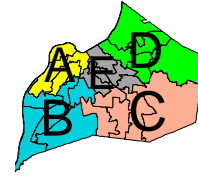




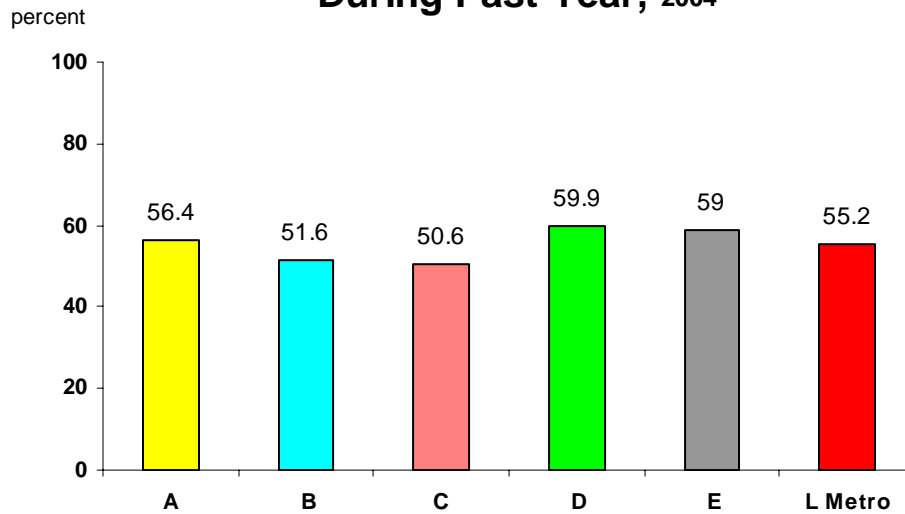


Tobacco

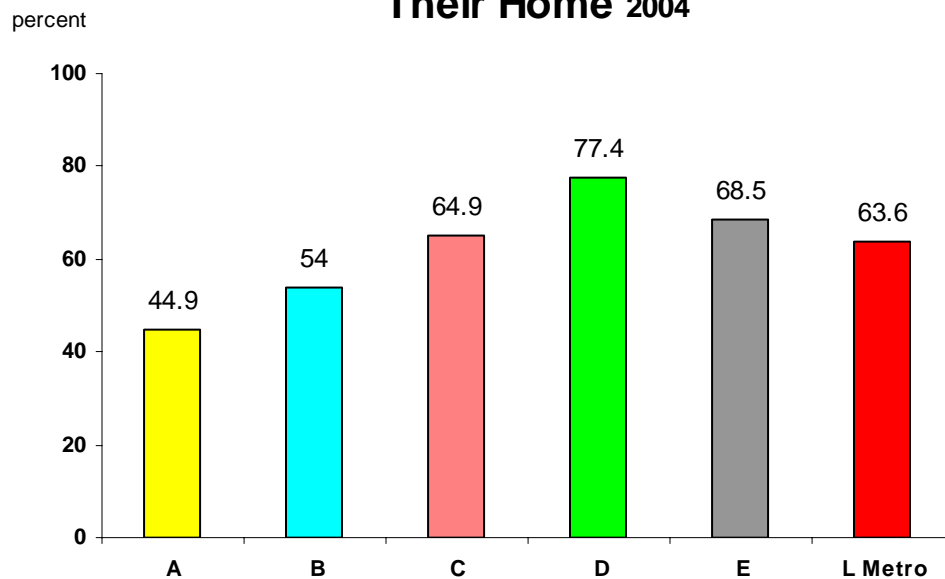


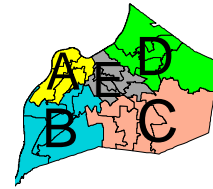


Percent Smokers Who Tried to Stop During Past Year, 2004



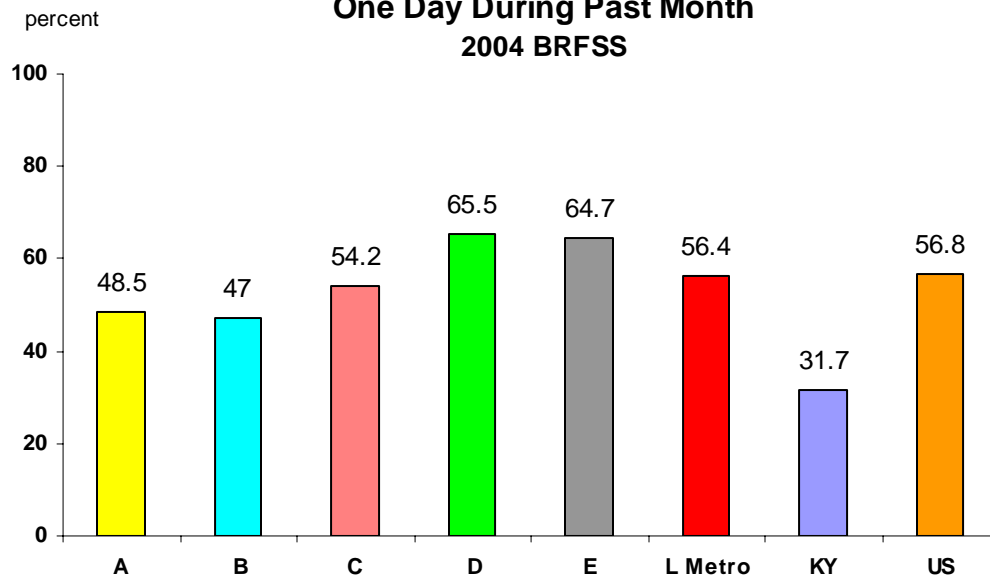
Percent Who Do Not Allow Smoking in Their Home 2004



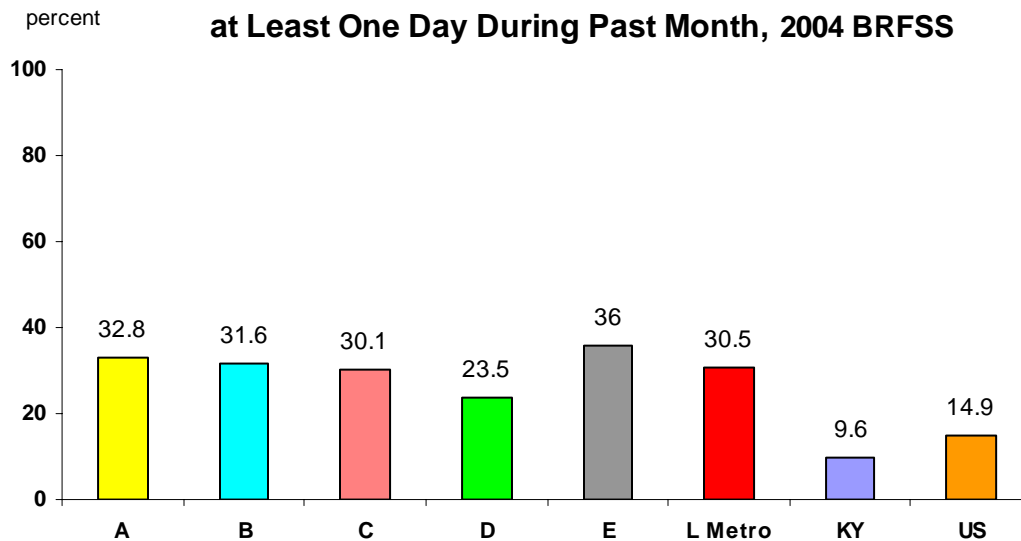


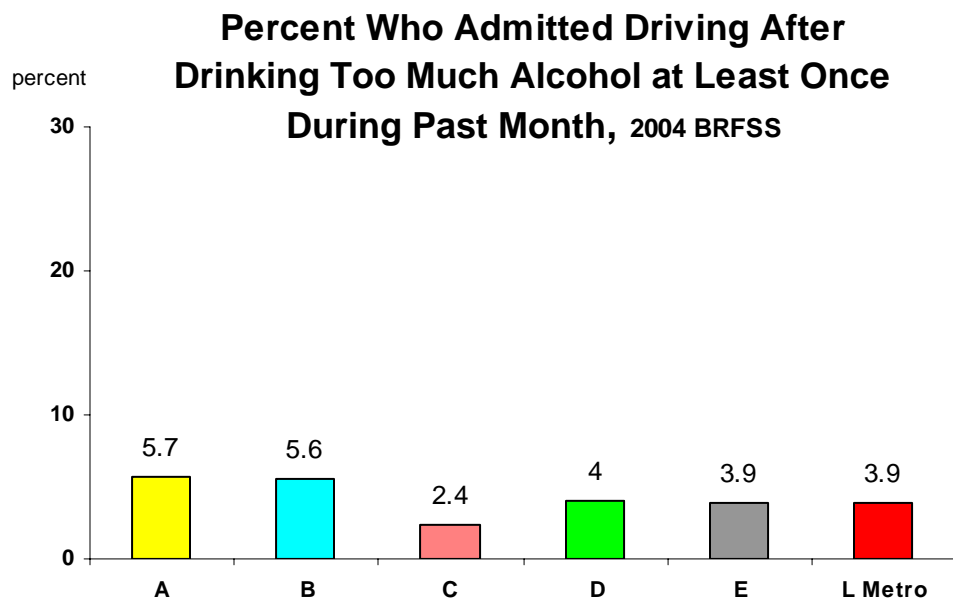
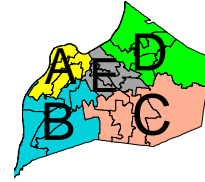
Alcohol

**Percent Who Had an Alcoholic Beverage at Least
One Day During Past Month
2004 BRFSS**

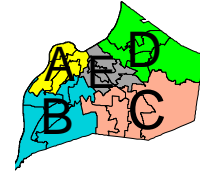


**Percent Who Had Five or More Alcoholic Beverages
at Least One Day During Past Month, 2004 BRFSS**

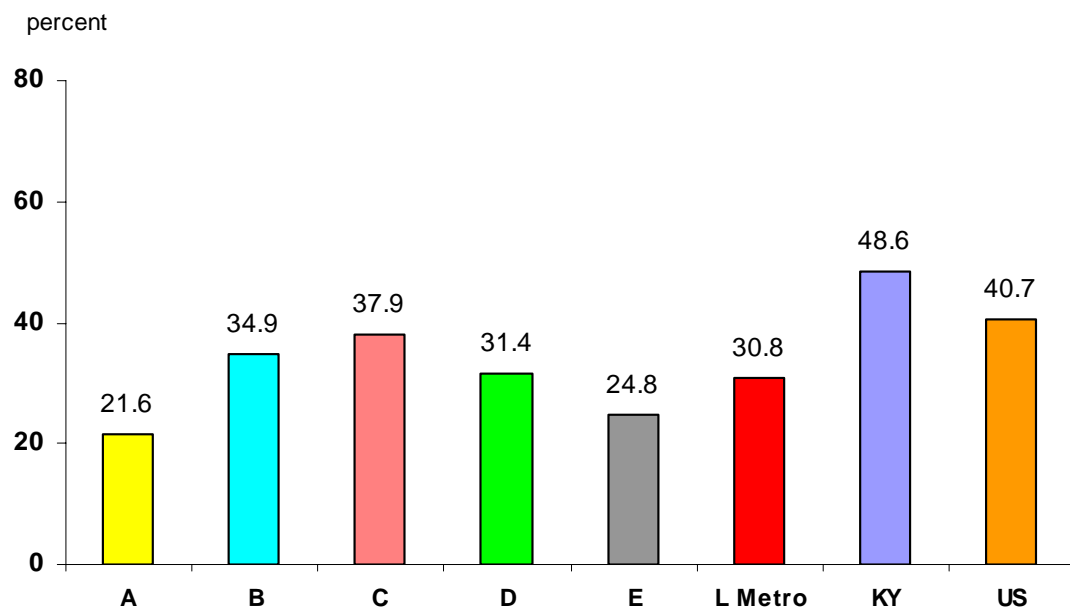


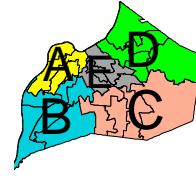


Firearms



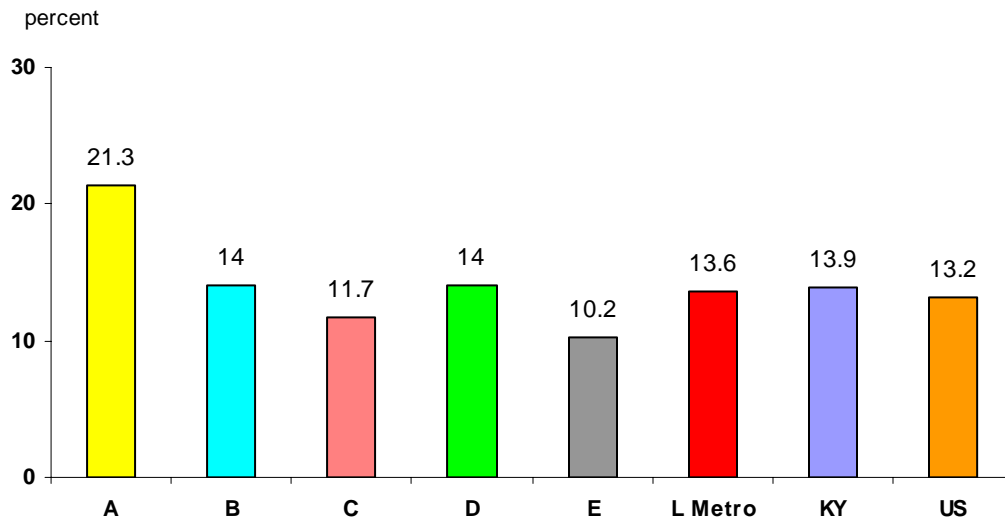
Percent Reporting Firearms in or Around Home
LM 2004, KY & US 2002



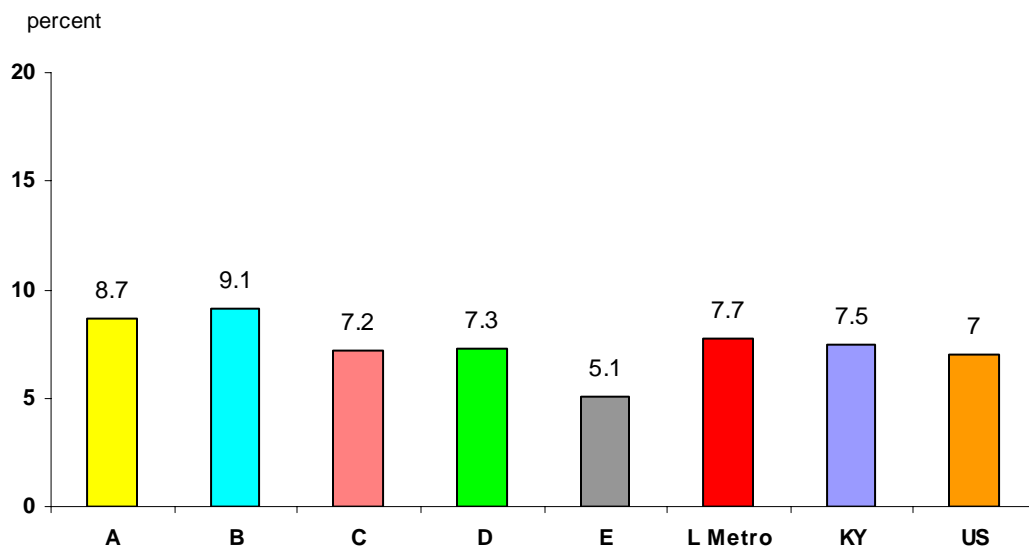


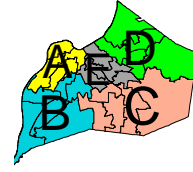
Chronic Diseases

Percent Reporting Asthma, 2004



Percent Reporting Diabetes, 2004





Percent Reporting High Blood Pressure, 2004

